The Crazy Wisdom Community Journal

Issue No. 34

Including A Free Calendar of Local Classes, Workshops, and Events

SEPTEMBER through DECEMBER 2006

A Tai Chi Journey ~ The Crazy Wisdom Interview with Richard Miller

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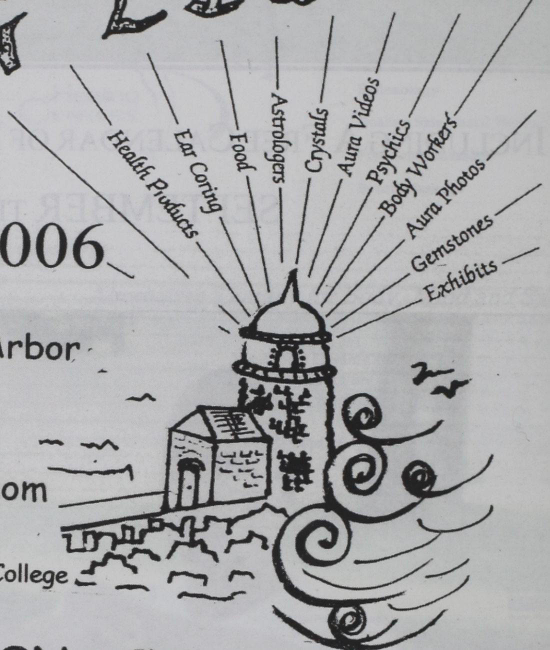

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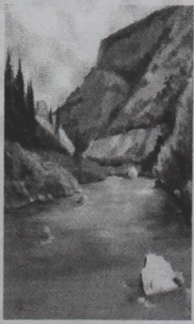

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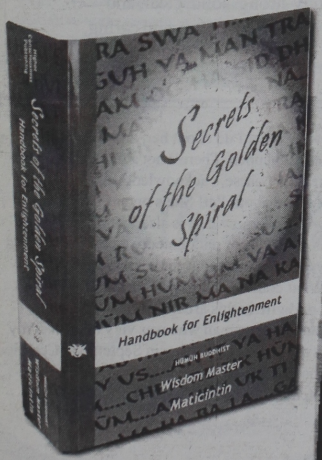

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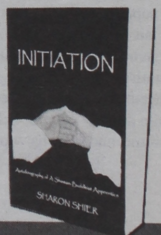
Wisdom Master Maticintin, who is both a Buddhist Spiritual Teacher and a Shaman, will explore this exciting topic...helping you to adventure into your own spiritual awakening.

Maticintin, a Buddhist for more than 30 years, is the Founder of HÜMÜH: Transcendental Buddhism, Path of Enlightenment, and the author of numerous books, among them *Shaman of Tibet*, Milarepa's story of transformation from anger to enlightenment, which has been destined to become a motion picture. During the last 15 years the Wisdom Master has been working with spiritual students from all over the Americas and abroad, helping them to awaken spiritually.

Sharon Shier, author of the book "*Initiation: Autobiography of a Shaman-Buddhist Apprentice*," will also speak about the twists and turns of her **spiritual adventure** as an awakening student of Wisdom Master Maticintin.



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Practitioner Spotlight:

Pat Kramer, Midwife, R.N.
Specializing in Women's Health, Holistic Health, & End of Life Services

By Sarah Newland

I have a three-month-old baby. I also have a lot of writing to do, and as new mothers know, you're lucky to simply get your teeth brushed by the end of the day with an infant! So my son is asleep cuddled on my left arm while I type with my right, remembering his birth. Last May, as I was walking through The Produce Station looking at beautiful spring flowers, I knew my labor was beginning. I was hoping I was mistaken as it was ten days before my due date and I had had only one day of maternity leave from work. I looked forward to at least a solid week of sleeping, taking long walks, and enjoying the time off to rest. Well... my baby had other plans. When I returned home, I sat on the earth in the warm sun and breathed deeply. My baby was coming.

I went to bed that night, told my partner, Will, what was happening, and tried to sleep. That wasn't meant to be either. We called our midwife and she arrived at 2:30 a.m. with her doula. I labored in our bedroom, on our bed of soft blankets, with dim lights, peace and quiet, and my seven-year-old sleeping upstairs. The labor had an intensity to it different from my first birth, but after one hour, with great relief, joy, and wonder, our baby son, Liam, was born. His tiny cries were so sweet as he lay curled on my chest, and it is a cherished moment we will never forget.

My midwife was Pat Kramer. She was the midwife at my daughter Ani's birth, and I wanted no one but her attending my second birth. I'll say right up front that I think she's incredible. Pregnant women usually birth best where and when they feel most comfortable. Home birth was perfect for me. My two births have convinced me of it. Perhaps it isn't for everyone. There can be complications that arise that make a hospital birth necessary, and there are women who simply feel more comfortable in a hospital environment. But with all the unnecessary interventions and lack of warmth, a hospital was the last place I wanted to be to bring my babies into the world. I feel so lucky that, in Ann Arbor, I had a choice of where to birth.

Pat has midwifed for more than 30 years, and has attended more than 1,000 births. One thousand babies! She offers home birth, or prenatal and postnatal care for women who choose hospital birth. She is trained as a Registered Nurse and women's nurse practitioner, and offers holistic health services for most conditions or situations, encouraging her clients to learn how to take care of and heal themselves. She has very strong success in treating fertility issues. She practices craniosacral, visceral, and lymphatic work, and treats her clients with homeopathy, essential oils, flower essences, and nutritional support. She also offers end of life care, which is help with death transitions for clients and their families. Pat calls her services care "from womb to tomb," covering birth, children's issues, women's issues as well as men's, and also the passage at the end of life. Her care is eclectic and well informed, as she is open to learning new healing modalities and processes. Although she's been practicing for 30 years, her work continues to change and evolve.

She "catches" the baby when he is born and places him directly on your belly and chest. It's an entirely natural and beautiful process. It's awesome, and yet what women have done forever.

So what is a midwife and what can Pat's home birth clients expect from her care? A midwife is one who attends your birth and offers the presence, wisdom, and experience to help you have the most healthy birth possible. Pat provides complete prenatal care involving one visit per month. This visit includes much conversation about how you are feeling both physically and emotionally, your life situation, your partner who is encouraged to attend, as well as some bodywork. Pat will feel the growth of your baby by simple touch on your belly. There are no ultrasounds or cold, technical equipment. There are no invasive exams. She will check the baby's heart rate as well as your blood pressure. As time goes on, she can feel the position of your baby. Super healthy and vital herself, she offers wonderful advice on diet, nutrition, and remedies for the often common discomforts of pregnancy. She was so helpful to me in this area! Pat plans at least one home visit prior to the birth. There were often times when I would talk about things in my life seemingly unconnected to my pregnancy that she was always willing to address, and I quickly came to understand that everything in a woman's life affects her pregnancy. Pat helped me when I was sad or concerned or worried, about my mom, my work or my daughter. I began to see her as a friend to me, a wise woman a bit older than myself, who could truly help me sort through things so I could become as clear and healthy as possible before my son's birth.

At the birth, Pat arrives with her doula, Laura Bailey, in plenty of time to be certain all your supplies and your room are ready. She asks what you need, but also allows your body to labor as it is meant to. She supports you in the process and guides you with encouragement that isn't sentimental, but strong. She helps the labor move along efficiently with proper positioning, in which Laura helps immensely, and works with your body so it is healthy during and after the birth. She "catches" the baby when he is born and places him directly on your belly and chest. It's an entirely natural and beautiful process. It's awesome, and yet what women have done forever.

Pat Kramer,
A Jewel in the Crown of Ann Arbor's Holistic Community

"Pat Kramer has midwifed for more than 30 years, and has attended more than 1000 births. One thousand babies!"

After the birth, Pat offers homeopathic remedies to assist the healing process and continually checks the baby to be certain he is doing well. Liam had breathed a lot of mucous into his lungs during the birth, so Pat cleared that for him. After mom and baby are stable, Laura prepares an herbal bath. Additionally, Pat and Laura make a wonderful vitamin-rich juice smoothie, tidy the bedroom, and wash any cloths, towels or sheets from the birth. They help you get comfortable back in bed, then Pat weighs and measures the baby. The mom is wonderfully taken care of so she and her baby can rest. Pat checks in and returns the next day, and provides a few more postnatal visits to see how you are doing during the following month. And there is advice all the time. I think she could help with any question surrounding birth and the care of yourself and the baby. During those nine months, along with Will's steady support and love, Pat was really all the help I needed to prepare for this powerful process of birth.

Pat also provides a phone consultation service for any health issue. It's such a great offering. You can call and pay only $25 to speak with her for 15-20 minutes and she provides recommendations on how to holistically heal your condition. I've done this also, and found it so useful as well as affordable. Her one-hour office appointments are $95. Her fee for an appointment for a child is less. For her complete home birth service, clients pay $3,500. I understand this sounds like a lot of money, and it is. Will and I wondered how we were going to come up with this fee. But knowing what I do about her, and having such a strong intent to hire her as my midwife, we made it happen. There's not a more important moment in my life than the births of my children. Of course, I acknowledge this article is based on my own opinions. But I can't be objective about Pat! She's one of the most wonderfully strong, solid, clear, and capable women I know. She is also warm, funny, and caring, and a great storyteller. I feel her cost is entirely and undoubtedly worth it. I birthed my two small, healthy babies, but I will always be grateful to Pat for her presence, for her role in my children's entries into this world. What could be more profound and precious?

She's one of the most wonderfully strong, solid, clear, and capable women I know. She is also warm, funny, and caring, and a great storyteller.

Fortunately, Pat plans to continue to midwife in this area, keeping her practice small and manageable. Laura Bailey, a gentle and kind woman who was very helpful at my birth in her quiet way, will continue to be Pat's doula, and beginning in September, Certified Nurse Midwife Rani Khan plans to join Pat's home birth practice. To arrange an appointment, phone 734-428-8740. Pat's office is located at 548 South Main Street in Ann Arbor.

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being. The **deadline for free calendar submissions** for the January thru April 2007 issue is **Wednesday, November 15,** and the **deadline for paid advertising is Wednesday, December 6.** The issue will be distributed starting the 3rd week of December 2006. 5,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 45 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

The Crazy Wisdom Community Journal is published seasonally by Crazy Wisdom, Inc.

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Back issues of this publication are available, for $8 per issue. Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Daher. Artwork in this issue: Terri Myers and Sara Van Zandt. Photography: Linda Lawson, Kris Doten, Bill Fink. Cover photo by Linda Lawson. Poetry Editor: Sarah Daher. Staff Writer: Sarah Daher. Writers for this issue: Petula Brown, Dennis Chernin, Norma Gentile, Lani Kwon Meilgaard, Marsha Traxler. Advertising representatives: Sarah Daher, Bill Zirinsky. The quotes used in the calendar section were found in the book, *Sunbeams*, by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Calendar Highlights for September - December 2006

1) Norma Gentile will be *Singing the Songs of Hildegard*
September 17 — (See Sound & Voice)

2) The Crazy Wisdom Salon – Fall 2006
Life Journeys and Stories of Healing
September 21 – Barbara Boyk, Psychologist and Ritual Maker
October 26 – Brenda Morgan, Spiritual Catalyst and Mentor
November 30 – Jay Sandweiss, Osteopath and Acupuncturist

3) Wisdom Master Maticintin,
Author of *Secrets of the Golden Spiral*, at Crazy Wisdom
September 28 — (See Ad on Page 3)

4) Truth Seekers Fair, sponsored by Adrianne Eliseo
Sept. 30 & Dec. 2— (See Ceremonies, Celebrations & Festivals)

5) Creativity, Consciousness and the Academy –
A One Day Conference
September 30 — (See Ad on Page 12)

6) Claude Anshim Thomas, Buddhist Pilgrim Monk and
Author of *At Hell's Gate*, at the Zen Temple
October 17 — (See Buddhist Teaching)

7) Marjorie Pivar, Co-Author of
***Fourth Uncle in the Mountain*, at Crazy Wisdom**
October 20 — (See Author Receptions)

8) Dimensions in Light Festival
October 22 — (See Ad on Page 2)

9) A Feast of Sacred Music from Ecuador,
with Oscar Santillan
October 28 — (See Music & Sound)

10) Why We Get Angry – A Talk by Buddhist Teacher
Gen Kelsang Khedrub
November 9 — (See Buddhist Teaching)

11) Pictures of God: Biblical Reflections on Art
through the Poetry of Rilke, sponsored by Visitation
December 2 — (See Christianity)

12) Year-End Service at the Zen Temple
December 31 — (See Buddhist Teaching)

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Joanne Pohl
RNCS, PhD, ANP

Sherry Nelson
RNCS, MSN, FNP

not pictured:
Jody Lori RN, MSN, CNM
Michelle O'Grady RN, MSN, CNM

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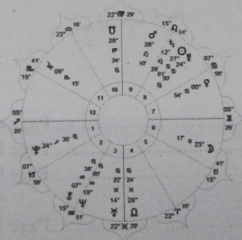

Richard J. Smoot

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Jillian M. Kerry

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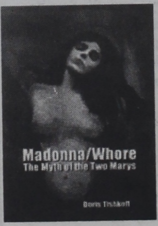
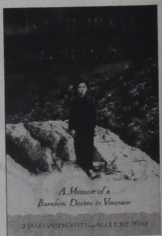


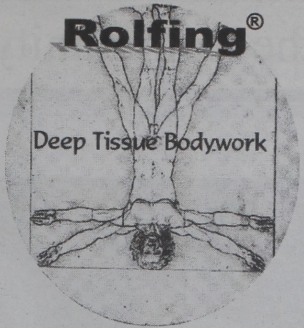
Sunday, October 8th at 3:30 p.m.
Book Signing and Talk with Doris Tishkoff, author of *Madonna/Whore: The Myth of the Two Marys*

The two Marys, the Virgin and the Magdalene, are Christianity's two most famous female figures, having achieved almost the status of goddesses. In this talk, author Doris Tishkoff will discuss the intimate connection between early Christianity and the pagan world from which it evolved. In particular, she will stress the manner in which each of the Marys took on aspects of powerful pagan goddesses in their transformation from the historical figures of the New Testament to universal icons for female purity, on one hand, and sin and redemption on the other.
As a social and cultural historian with special interests in the New and Old Testament, Judaism in the first century C.E., and the historical Jesus, Doris Tishkoff is uniquely qualified for a study that transcends the boundaries of specialization.
Published by AuthorHouse.

Friday, October 20th at 7:00 p.m.
Book Signing and Talk with Marjorie Pivar, co-author of *Fourth Uncle in the Mountain*



When Marjorie Pivar first met her future co-author, Quang Van Nguyen in 1992, she discovered during a walk in the woods that he assumed tigers were living in the mountains of Vermont. One month later, this Buddhist shaman refugee from Vietnam advised the pediatric medical team at Mount Sinai Hospital in New York to make the correct diagnosis for her son. Marjorie will present a slide show of the authors' collaboration in Vietnam to document the story. Fourth Uncle in the Mountain is the true story of an orphan, Quang Van Nguyen, adopted by a sixty-four-year-old Buddhist monk, Thau, who carries great responsibility for his people as a barefoot doctor.
Marjorie Pivar has worked for the past twenty years as a Shiatsu therapist in the field of alternative medicine. She encouraged Quang to share his remarkable story. Published by St. Martin's Press.



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What's New in the Community

By Sarah Newland

Sundance DiDomenico and Jenabah Giacomelli have opened the Tree of Life Cultural Arts Studio in Chelsea.

The most exciting new thing I've heard about this season is the opening of **Tree of Life Cultural Arts Studio in Chelsea**! Inspired by their teacher Babatunde Olatunji, partners Jenabah (Jennifer) Giacomelli and Sundance DiDomenico opened this beautiful center devoted to African and cross-cultural drumming and dance, with a celebratory party on July 29th. Seeking to become a bridge between African traditions and teachings with Western culture, the studio will offer regular classes in African dance, belly dance, creative movement, jazz, hip hop, NIA, yoga, and African drumming for adults and children. There is a lovely massage room with beautiful natural light with offerings of Swedish, deep tissue, prenatal, hot stone, and Thai Yoga massage. Midwife Pat Kramer once said that Jenabah "gave me the best massage of my life." There is also a front room of global items for sale, including textiles, statuary, handcrafted gem jewelry, and other artifacts. And you can choose an organic juice or tea from Cafe Touba, a Moroccan gypsy-style cafe with silk floor pillows and low seats to inspire relaxation and cozy conversation. (Cafe Touba was not yet serving for their grand opening celebration.) The atmosphere is colorful with saffron and green walls, original mandala art by Ruthie Basham, and rich burgundy textiles on the floors and walls. The dance floor is of professional quality and very large with an open design. There is even a children's area where little ones can play.

Residents of Chelsea, Jenabah and Sundance surely had a beautiful vision in planning this center, and they have realized the dream of its opening. Jenabah said, "Chelsea is an artistic community. It's a supportive community. We originally wanted to open it in Ann Arbor, but Ann Arbor doesn't need it. So we opened it right here [in downtown Chelsea]." Hoping to provide a space for the community to come together while being open to traditions from around the world, Tree of Life Studio is meant to preserve the cultural arts while stimulating individual growth. Dori Edwards, one of the founding dancers and choreographers of Like Water Drum and Dance, said, "Jen and Sunny poured everything they had into this studio. It's amazing." I'm so thrilled about its opening, being a resident of Chelsea myself. Come and support this wonderful undertaking! It's beautiful! I hope so much for its great success. For offerings, hours, and fees, call 734–433–0697 or visit www.treeoflifestudio.org. Tree of Life is located at 6065 Sibley Road, just north of downtown Chelsea off M52.

Exciting news at **Crazy Wisdom Tea Room** is the newly available wireless internet! Come enjoy a pot of hot tea with a delicious meal or dessert this Fall with your laptop in hand. For details, phone us at 734–665–2757 or email samantha@crazywisdom.net.

A local meditation group that has been meeting together at various venues throughout Southeast Michigan has moved into its own dedicated space. A branch of the Chicago-based **Vajrayana Buddhist Center**, the new Buddhist Center occupies an upstairs suite of the 116 E. Washington building in downtown. The center's teacher, Gen Kelsang Khedrub, is a Buddhist monk and close disciple of Venerable Geshe Kelsang Gyatso, head of the New Kadampa Tradition. Gen Khedrub travels from Chicago to Ann Arbor to offer classes and workshops on various topics related to Buddhist meditation. For a full schedule of events, visit www.meditateinmichigan.org or call 248-444-4633.

Deep Lake Center is participating in The Human Spirit Expo in the Lansing area on Saturday, October 7. Inspirational and internationally known writer Dan Millman, author of *Way of the Peaceful Warrior*, is the Keynote Speaker. For more information, contact www.humanspiritexpo.com.

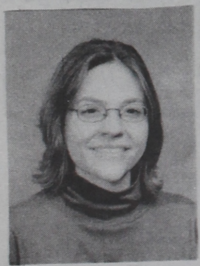
Dawn Farm's 33rd Anniversary Jamboree will take place Sunday, September 10th from 1:00-6:00 p.m. This is an annual family event with free admission and activities for all ages, including live music, hayrides, animals to pet, pony rides and other activities for children, live and silent auctions with a variety of donated goods and services, Founder's Day award presentation, and dedication of Dawn Farm's new Community Barn built on the ashes of the original "farm" house that was destroyed by fire two years ago. The Community Barn will provide a resource to the local recovering community for many events and purposes. Dawn Farm welcomes the community to share in celebrating the successes in helping addicts and alcoholics become part of the recovering community. Dawn Farm is the only residential treatment program in the area. For more information, phone 734–485–8725 or email info@dawnfarm.org; www.dawnfarm.org. Their address is 6633 Stoney Creek Road in Ypsilanti.

The Joyful Body has a new location! Bodyworkers Erinn and Todd are moving their office to The Eastover Center at 4816 Jackson Road near Zeeb Road. They feel The Eastover Center has an excellent reputation, a beautiful spa atmosphere, complimentary amenities for massage clients (such as a lounge, steam room, and robes), and perhaps best of all, it's on the ground floor! No more stairs! They will also be offering their wonderful services at more affordable prices. To schedule an appointment, phone 734–827–9775.

Through Fall 2008, while Alumni Memorial Hall is being restored and expanded, **University of Michigan Museum of Art** will operate a temporary exhibit space and modest shop called UMMA Off/Site. Located immediately adjacent to the University's central campus in the vibrant South University neighborhood, this lively loft gallery will present exhibitions devoted to photography, film, and video. The first year's slate of exhibitions at UMMA Off/Site will focus on the importance of place to art making. American contemporary artist Mary Lucier will be presented with "The Plains of Sweet Regret" from September 30–November 19, including two video installations, surround sound, and various rescued objects and artifacts from the diminishing life of the prairies and plains. English landscape photographer Michael Kenna's photographs will be displayed in the exhibit entitled "The Rouge," from the plant in Dearborn, from December 2–January 14. To confirm exhibition information, phone 734–647–0524 or visit www.umma.umich.edu.

One-on-one and small group yoga therapy sessions now available with **Ema Stefanova**, E-RYT 500 member and candidate presenter IAYT (International Association of Yoga Therapists). Ema brings 27 years experience working as a Satyananda yoga master, teacher and therapist. Add yoga and meditation of refinement and subtlety to enrich and improve your life. Special consultations offered September 7, 8 and 9 with Swami Brahmavidyananda from The Institute of Holistic Yoga in Miami, Florida. For more details, see the complete listing under "Yoga" in the Calendar section of this issue of *The Crazy Wisdom Community Journal*. To make an appointment with Ema, phone 665-7801; www.yogaandmeditation.com.

If you would like to submit information to be considered for this column in the next issue of the Crazy Wisdom Community Journal, *email sarah@crazywisdom.net in text format by November 15, 2006.*



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Poetry Page

To submit poetry to be published in the next issue of the Crazy Wisdom Community Journal, *email to sarah@crazywisdom.net in text format by November 15, 2006.*

A Prayer for America
In memory of Mathilda Amelia Veronica Bickel

By Elizabeth Alberda

O Liberty
You are copper skin
blazoned by the sun
snow rain and wind.
You are a mammoth green robe.

From feet to flame
331 steps to arrive in your brain
25 windows to see the Seven Seas
one Ocean and all continents in your crown.
The chain of tyranny broken at your feet.

Freedom in your hand
a civilized flame and
in the other a freedom book
the Rose of the world,
to see the planet as a circle.

There is no such thing as a setting sun.
See the planet as a circle
A round bridge of clear air, happy whale song.
One body. One heart. Beauty in the water
for the next seven generations.

Gratitude
for the Mother
her sustenance
beauty
and truth.

It Must Be Magic

By Wasentha Young

The magic begins when you open your eyes
Mystery of the day stands

The twinkle in your eyes reflects your heart
Lightly touches and sparks
Upon your face

A touch of a caring hand releases a breath of ease
You can only learn
In the magic of life

Cellular Memory

By Wasentha Young

Air so fresh, crisp and clean
Seas of green ocean blue,
Liquid turquoise

Deep in my cells

Sailing, passing through
Feasting my eyes on the magnificence of Life

Sun bright
Skin dark
Richness beyond
Clarity of being
It was one of the most beautiful moments

The Northern Cliffs

By Diane Kimball

There's a passage through the northern cliffs
I've been lost there many times,
a place to leave the maiden's mantle
waiting for the white knight,
he said he'd carry me off with the wind
across the valley up into those cliffs,
but only the steed knew the way
grabbing all the wisdom in its mouth,
breathing in and out like the belly of a fish
caught in the stream bed's current,
chasing the droplets of sunlight
into the center of its known world.

I am the steed, the knight, the maiden
drenched in that part of daylight
which wakes up the soul for a lifetime,
selling my wares at the market
in exchange I am filling basketsful of offerings
to give to the gods of wanting
left at the edge of the waterfall
to be washed empty once again;
here I am now at the northern cliffs
imperceptible the sounds of birds
I am the steed, the knight, the maiden
being and borne quietly
within the wilderness.

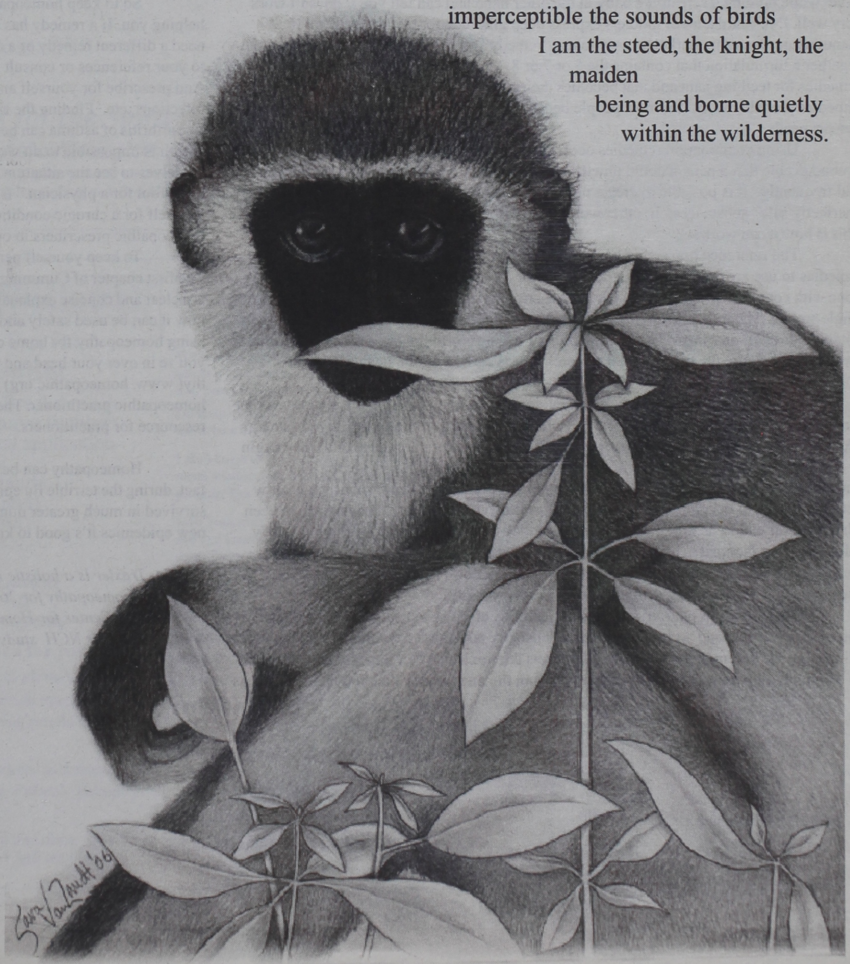

Illustration by Sara Van Zandt

Homeopathy is Perfectly Safe? Well, Maybe....

by Marsha Traxler

We've all heard about how safe homeopathic remedies are. But anything that has the capacity to heal also has the capacity to do harm, especially if not used well or prudently. This is true for food, supplements, herbs, flower essences and even homeopathy. It's true that if the baby eats a whole bottle of a homeopathic remedy she won't be poisoned as she would be if it were a chemical medicine. She may not feel great for a day or so or it may not affect her at all, but it won't be a terrible outcome. The possible problems with homeopathy are different than those with chemical medicine.

Although we still don't have the science to explain exactly how homeopathy works, there is lots of evidence that it does work. We know the most about classical homeopathy, because that's what has had the most attention from researchers. Classical homeopathy follows the principles defined by Samuel Hahneman who lived around the time of Mozart. These basic principles are that 1) the selection of a remedy is based on the individual symptoms of each patient (not a "belladonna is for earaches" way of thinking), 2) the remedy that is selected will produce the same symptoms in a healthy person that we're looking to cure in a sick person,3) only one remedy is used at a time, and 4) a tiny, miniscule amount of that remedy is used. Combination remedies like the little pills for teething or gas that we find at the health food stores, remedies that are selected by a machine or by muscle testing, concoctions of two or more individual homeopathic ingredients into one "remedy"and remedies made of things that have not undergone "provings" are not classical homeopathy. We don't have much research about the safety, eficacy or long term effects of most of the non-classical ways that homeopathic remedies are used. We do know that many of these products seem to help people.

Illustration by Terri Myers

So to keep homeopathic remedies perfectly safe, stop using them when they stop helping you. If a remedy has stopped helping you and you're still sick, it may be that you need a different remedy or a different potency at that point.

Teething tablets and other combination remedies, like for "headaches", "sinus", "indigestion", etc. can be real lifesavers in the middle of the night when someone you love is miserable. These combination remedies are developed by homeopathic pharmacies and manufacturers because sometimes people don't want to or can't go to the trouble of looking up which individual remedy they or their dear one needs at the moment. This can be a wonderful thing. I've tried to differentiate subtle symptoms by reading a book in one hand while holding a screaming baby in the other hand and can tell you it doesn't work very well. I've heard a lot of mothers express deep gratitude for teething tablets. If a manufacturer wants to market an easy to use "remedy" for teething, for example, they put together a formulation that contains the 5 or 7 or 8 of the most frequently used single remedies for teething pain and that becomes their proprietary formula. The combination remedies probably work for most people because they contain the single remedy that the person needs.

Using combination remedies occasionally is a safe and helpful thing to do. But it is concievable that a person could unwittingly back into trouble by using them long term and frequently. It is possible to create new symptoms for ourselves by taking these "perfectly safe" substances. In other words, you can make yourself sick in a new way. This is how it can work.

The reference books that homeopathic practitioners use to figure out which remedies to use are Materia Medica and Repertorys. These days most of this analysis is done with computer programs that combine many Materia Medica and Repertorys into a single source. The information that is contained in the Materia Medica and Repertorys is obtained through provings. This is important. Provings form the basis for homeopathic prescribing, and are the fundamental research that is carried out on healthy human volunteers.

If a person takes a remedy that they don't need, they develop the symptoms that the remedy would cure. A proving is conducted by having a group of healthy volunteers take a single homeopathic remedy, usually a 30 C potency, for a few days until they begin to develop symptoms. They carefully record all the symptoms they develop. The important part for us to know when we're talking about safety issues is that the healthy volunteers start to develop new symptoms in as little as three days! Provings have been conducted on hundreds of remedies using essentially the same format, and we're pretty solid about the fact that a 30C potency can produce new symptoms very quickly. That means that if you take a homeopathic remedy that you don't need for more than three days, you may be producing symptoms of illness in yourself.

Now, the combination remedies for teething, etc., use much lower (and safer) potencies than 30C, and an individual doesn't usually take them day after day for weeks at a time, but the potential for producing ill effects does exist. When you are being helped by a combination remedy you are probably taking the one remedy that you need as well as several others that you don't need and that don't fit your symptom picture. As long as you stop taking the remedy when it stops working for you, you're not in any danger of creating a proving on yourself. When a person continues taking a homeopathic remedy after it's stopped working for them or takes a remedy prophylactically...because it helped in the past and they don't want the problem to recur...they could be creating a proving on themselves. This is true with both single remedies and combination remedies, but sorting out the problem if someone has been using combination remedies in this non-homeopathic way becomes much more difficult.

So to keep homeopathic remedies perfectly safe, stop using them when they stop helping you. If a remedy has stopped helping you and you're still sick, it may be that you need a different remedy or a different potency at that point. It may be time then to go back to your references or consult your homeopathic practitioner for help.

And prescribe for yourself and your loved ones only for acute problems, like flu, colds, ear infections, etc. Finding the right remedy for someone with a deep seated chronic condition like arthritis or asthma can be a difficult and complicated undertaking. This kind of remedy search is impossible to do well for yourself. We simply can't have enough perspective on ourselves to see the situation clearly. The adage "The doctor who prescribes for himself has a fool for a physician." is a good one to think of if you are tempted to try treating yourself for a chronic condition. We are very fortunate to have a number of excellent homeopathic prescribers in our area. They can be of great help.

To keep yourself perfectly safe with homeopathy, take the time to learn about it. The first chapter of Cummings and Ullman's Everybody's Guide to Homeopathic Medicine is a clear and concise explanation of how homeopathy differs from chemical medicine, and how it can be used safely and effectively. This book is a wonderful resource for anyone using homeopathy for home care. It even includes information about how to know when you're in over your head and need to get medical help. The National Center for Homeopathy(www. homeopathic.org) is also a fountain of information and can help you find a local homeopathic practitioner. The website www.homeopathicdirectory.com is another good rescource for practitioners.

Homeopathy can be very safe when used well. And it can be very effective. In fact, during the terrible flu epidemic of 1918 people who were treated homeopathically survived in much greater numbers than those who used other medicines. As we anticipate new epidemics it's good to know we have homeopathy to help us.

Marsha Traxler is a holistic nurse with a private practice in Ann Arbor. She has been a student of homeopathy for 26 years and served for six years on the Board of Directors of the National Center for Homeopathy. She authored the third edition of the 12 Week Study Course for NCH study groups across the United States.

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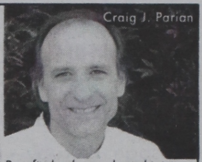
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The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Illustration by Terri Myers

Chasing the Demons: Treating Depression and Anxiety with Acupuncture with Gary Merel sponsored by People's Food Co-op • Sept. 27, 7-8:30 p.m. at Crazy Wisdom's Community Room • Come and explore how an extremely thin piece of metal (an acupuncture needle) can have such a profound effect on resolving the issues of a person's mental health. This workshop offers an intimate and direct experience of how acupuncture works to promote and influence the healing processes of the human body and help resolve depression and anxiety. You will leave this workshop with a deeper understanding of acupuncture and its profound affect on the human condition. Free. Pre-register at 994-4589; education@peoplesfood.coop or www.peoplesfood.coop.

Acupuncture: A New Understanding of Chronic Pain with Gary Merel sponsored by People's Food Co-op • Oct. 5, 7-8:30 p.m. at Crazy Wisdom's Community Room • A look at how acupuncture has shown to be clinically effective in resolving the conditions of chronic pain. Chronic pain not only inflicts a continual discomfort on the body, it affects the disposition of a person's entire life. It raises many questions like, what is the real nature of chronic pain, why is it so persistent and why do pain medications provide only temporary relief instead of real healing? This workshop will provide insight to these and other questions. More importantly, it will provide the information needed to make an informed decision if acupuncture is the correct path needed to help resolve the condition of chronic pain. Free. Pre-register at 994-4589; education@peoplesfood.coop or www.peoplesfood.coop.

Understanding the Energetic Causes of Unbalanced Eating through Shiatsu Meridian Theory with Craig Parian sponsored by People's Food Co-op • Oct. 24, 7-8:30 p.m. at Crazy Wisdom's Community Room • This talk will cover the underlying causes of weight gain, poor nutrition, lack of will power and diet failure. Some breathing and light physical exercises, and self-acupressure and massage will be shown as well as possible treatment alternatives. Bring a pad and pen, and a mat or blanket for floor exercises. Free. Pre-register at 994-4589; education@peoplesfood.coop or www.peoplesfood.coop.

Oriental Medicine, Women's Health and Infertility with Gary Merel sponsored by People's Food Co-op • Nov. 9, 7-9 p.m. at Crazy Wisdom's Community Room • This two-hour workshop will explore how both acupuncture and Chinese herbal medicine have shown to be effective in helping to assist and resolve conditions of infertility. Acupuncture and Chinese herbal medicine continue to gain a wider acceptance as more women begin to understand that it is a viable, non-invasive option assisting or replacing more traditional reproductive therapies. Free. Pre-register at 994-4589; education@peoplesfood.coop or www.peoplesfood.coop.

Aging

Deep Waters: The Challenge to Live Contemplatively in Our Senior Years with Mary McDevitt through Visitation Spirituality Center • Date and time to be arranged by groups • A program may be designed for groups who find this topic of interest. Cost to be negotiated. Call 734-242-5520; visitation@ihmsisters.org.

Animal Healing & Animal Spirit

Our Animal Helpers with Lisa Johnson at BODY-MIND-SPIRIT • Sept. 29, 7 p.m. • Animals offer a unique value to people. Come explore the magical beauty and messages we can glean from this asset in our lives. The session will be staged to offer participants insights and learn philosophies reflective of our social, emotional, physical and spiritual well being offered by Wayne Dyer, Ted Andrews and Jamie Sams. $20. Call Keith at 734-945-8602; www.BMSWC.com.

Animal Healing with Ray O. Golden of Center for Intuitive Health • Oct. 28, 7-9 p.m., Oct. 29, 10-6 p.m., Oct. 30, 7-9:30 p.m. • This class is oriented towards working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Note: only people are to attend the Ann Arbor Class. Call 734-663-9724; intuitivehealth@aol.com.

Communing with Our Animal Friends with Betsy Adams • Sept. 6, 20, Oct. 11, 25, Nov. 15, Dec. 13; 7-9 p.m. at Crazy Wisdom's Community Room • Sharing with our animal friends is something we all love to do. Explore communing with our animal friends and deepening connections - physically, emotionally and spiritually. $25 for each evening. Call 734-730-0985 or 734-475-4230; betsyadamssedona@aol.com.

Spiritual Evolution of the Animal Kingdom with Betsy Adams • Sept. 13, Oct. 18, Nov. 22, Dec. 20; 7-9 p.m. at Crazy Wisdom's Community Room • What is spiritual evolution and how are the animals moving in this loving manner to fulfill their unique destinies? Please come and explore! $25 for each evening. Call 734-730-0985 or 734-475-4230; betsyadamssedona@aol.com.

Where From Here? True Relationship between Animals and Their Humans with Betsy Adams • Oct. 14 and 15, 11-5 p.m. at Crazy Wisdom's Community Room • What is "true relationship"? What does it mean to share relationally from a vulnerable, authentic space to our animals and other living beings? Betsy helps explore these and other areas of opening to feeling. $85 for one day or $150 for two days. Call 734-730-0985 or 734-475-4230; betsyadamssedona@aol.com.

Spiritual Homeopathy for Animals and Their Humans with Betsy Adams • Nov. 12, 11-5 p.m. at Crazy Wisdom's Community Room • What is spiritual homeopathy and how may it serve in deepening the bond between animals and their people? Come explore how we may serve our animals and ourselves more lovingly. $85. Call 734-730-0985 or 734-475-4230; betsyadamssedona@aol.com.

Art & Craft

Reflections of the Divine Art Exhibit Reception and Reconciliation Labyrinth Dedication Walk at Parish Church of Christ the King in Kalamazoo • Sept. 10, 2-5 p.m. • A celebration of diversity and mutual respect, recognizing that all beings are created in the image of the Divine, regardless of race, age, gender, income, orientation or cultural background. Live music and refreshments with food. Free. Call Linda Adamcz at 269-388-2988 or 269-344-1500; lkadamcz@juno.com.

Open House - Retrospective Exhibit with Mary VanGlider at Visitation Spirituality Center • Oct. 22, 3-5 p.m. • Mary VanGlider's display represents artwork across a broad range of styles and media: silk screen, stained glass, acrylics, woodcuts and more. Her premise is that to teach the art process, the teacher must have experience in every facet. Exhibit is open through Nov. 17. Free. Call 734-242-5520; visitation@ihmsisters.org.

University of Michigan Museum of Art Off/Site Exhibitions • Tuesday, Saturday, Sunday: 11 a.m.-6 p.m.; Wednesday, Thursday, Friday: 11 a.m.-10 p.m. • Free. Call 763-UMMA; www.umma.umich.edu.
Mary Lucier: The Plains of Sweet Regret • Sept. 30-Nov. 19
The Rouge: Photographs of Michael Kenna • Dec. 2-Jan. 14

The Crazy Wisdom Calendar

Art & Craft (continued)

Day of the Dead Fall Art Exhibition: Dinner with the Artist Soiree Celebrating the Art of Barron Hirsch at Creative Spirit Center • Sept. 9, 6:30 p.m. • Barron Hirsch opens Creative Spirit Center's year of diversity with his Day of the Dead series of paintings which he has been working on for five years. There will be Mexican music, food and Hirsch's wildly imaginative paintings. $40. Exhibition remains open through Nov. 11. Call Suzanne, Colleen or Linda at 989-837-1885; creativity@creativespiritcenter.org.

Knitted Memory Quilt with Sissel Bridges • Wednesdays starting Sept. 20, 6-8:30 p.m. • Create with knitting and crochet a lasting memory representing your fondest memories as you piece together your quilt. You need to know basic knitting stitches and/or crochet stitches. $45 for the first class and, after this, $10 for each time. Call 734-340-3766; norwayknitting@aol.com.

Meditation and Knitting with Sissel Bridges • Thursdays, 7-9 p.m. • The art of knitting is a meditation, for the work of the hands compels the mind to rest and gives free rein to movements of the soul. $45 for the first class and, after this, $10 for each time. Call 734-340-3766; norwayknitting@aol.com.

Come and Paint with Mary Southard of Weber Center • Oct. 27 at 7:30 p.m. through Oct. 29 at 1 p.m. • This weekend retreat is designed to awaken your creative energies through painting, a way of prayer and a form of spiritual expression. Both beginners and novices will benefit from this gentle environment that offers freedom to engage in the creative process without expectation, comparison or competition. While painters are invited to bring their favorite brushes, all supplies are provided. Register by Oct. 6. $225 single occupancy, $175 double occupancy, $125 commuter. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

Piece Work, Soul Work with Barbara Harvey and Ann Hughes of Weber Center • Sept. 22 at 7:30 p.m. through Sept. 24 at 1 p.m. • Prayer patterns are as varied as quilting patterns and during this weekend, participants will look at both. We will begin with the same pieces, but no two projects will look the same as each quilter will design her own pattern based on what works best for her. During the Soul Work sessions, participants will employ journaling and small group discussion to look at their own prayer life. A materials list will be mailed upon registration. Limited to 25 participants. $200 single occupancy, $125 double occupancy. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

Open and Guided Art Class with Shaqe Kalaj • Mondays 7-9:30 p.m. • This class has existed for the last 8 years. It is made up of people who really enjoy making art while communing with others. The class is set up where the students have their own focus. Since this is a small class you will learn techniques and concepts when you need it. This is a limited class space, and remember art is a journey as well as a form of transformation. $80 for four classes. Call 734-634-8117; imshacha@provide.net.

Sculptural Watercolor Bookmaking Workshop with Shaqe Kalaj • 2-day workshop, times vary • Create an accordion style 3D book that explodes with color. These books are simple in form but rich with possibilities of endless variation. Books are traditionally made to be read, but these books will fill your eyes with delight. $120. Call 734-634-8117; imshacha@provide.net.

The Expressive Linocut Workshop with Shaqe Kalaj • Call for Dates and Schedule • Learn and experience how linocut can be a medium that is expressive and dynamic. Individually you will work on a 9"x12" linocut and collaboratively create a group woodcut. This class involves learning the process but also learning to speak through your inner voice. $90. Call 734-634-8117; imshacha@provide.net.

Intuitive Painting Workshop with Shaqe Kalaj • 3-day workshop, dates and times depend on interest • It is my intention to help you find your own inner content. The focus is accessing your inner world and expressing it in a way that is authentic to who you truly are. The class is for beginners as well as experienced artists. During this journey you'll paint your birth, then tap into your animal instincts and access the goddess within. $120. Call 734-634-8117; imshacha@provide.net.

> Believe those who are seeking the truth;
> doubt those who find it.
>
> -Andre Gide

A Workshop on the Exciting Process of Silkscreening with Shaqe Kalaj • One day workshop • In this intensive workshop you will experiment with different processes involved in this medium. Form a basic stencil to photo emulsion, and I will demonstrate how this medium can be used in alternative artmaking practices to commercial purposes. Water-based paints will be used. $105. Call 734-634-8117; imshacha@provide.net.

Icon Painting Workshop with Aruna Olga Bachmann • Oct. 28-29, 10-6 p.m. • Icon Painting is a 15th century Byzantine style liturgical process. Each person will paint an Icon to take home. You do not need to be an artist $85 per day, includes materials. Call 810-623-0510.

Jay Sandweiss, D.O.

Jay Sandweiss has been known and respected in the Ann Arbor area for the past 25 years for his practice of integrative medicine. He is board certified in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture.

He will be the guest speaker at the Crazy Wisdom Salon on Thursday, November 30th. It will be his first public talk at Crazy Wisdom in 15 years, and he will be talking about his own life journey, and his evolution as a healer. He'll also be interacting with the audience, and answering questions.

The Visual Journal: Art on the Farm with Nancy Wolfe • Sept. 30, Oct. 21, Nov. 11, Dec. 2; 10 a.m.-3 p.m. • Creating a visual journal is a place to honor your 'sensory' connection to your environment as you develop content and narrative. We explore the world of sound, touch, memory, poetry and color. This workshop is for all levels from beginners with no art experience to advanced levels of art experience. Materials provided. $65 per monthly session. Call 668-0404; nwolfe@emich.edu.

Artist's Way

The Artist's Way with Linda Smith of Creative Spirit Center • Tuesdays, Sept. 19-Dec. 5 • Julia Cameron's book, *The Artist's Way*, is about igniting your creativity... and much more! It's about taking risks, trusting your intuition and encountering your own ingenuity, struggles, strengths and dreams. $120. For times, call Linda, Suzanne or Colleen at 989-695-2485; creativity@creativespiritcenter.org.

Astrology

Astrologers and Friends Weekly Gathering coordinated by Bon Rose Fine and Beverly Fish, sponsored by SMART (Southeast Michigan Astrologers' Round Table), the former ASGOWC (the Astrology Study Group of Washtenaw County) • Every Thursday, 6-9 p.m. • The astrological community will hold weekly get-togethers in order to trade readings with one another or offer mini readings to the general public. They'd like to include other practitioners of the divinatory arts, such as psychics, numerologists, clairvoyants or tarot card, palm, tea leaf or rune readers, or body/energy workers, and invite them to join these gatherings. This is a welcoming environment to connect with like-minded others and enjoy stimulating conversations about metaphysical matters. No meeting Nov. 23. Cost varies. Call Bon Rose Fine at 434-4555 or Beverly Fish at 484-1897; bonrosefine@comcast.net or beverlyfish@comcast.net.

Studying for NCGR's Level 1 Exam with Shirley Gray sponsored by SMART • Date and time to be determined • Under the tutelage and coaching of a Certified Astrologer Level IV, an ongoing class and support group of dedicated astrologers will continue meeting and learning together. They share the specific goal of being able to pass the first level exam required for eventual certification by the National Council for Geocosmic Research. Emphasis will be placed on chart calculation and astrological basics. $7 per class. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

A Question of Orb: Which Aspect and Why? with Rodney Smith sponsored by SMART • Sept. 10, 2:30-5 p.m. • Did you ever have trouble working out which planets and aspects matter in a chart and which ones don't? Find out which planets and aspects are the hardest to deal with and which ones are easier to live with over time. The width of an aspect tells a great deal more than you might expect. $15 ($12 for NCGR and MFA members). Call Bon Rose Fine at 434-4555 or Rodney Smith at 330-2882; bonrosefine@comcast.net or rodsmith_au@comcast.net.

Saturn in Leo: Reassessing Courage with Alan Gordon sponsored by SMART • Oct. 8, 2:30-5 p.m. • This lecture will explore the meaning of the Saturn transit in the sign of Leo. How does it affect people who have the Sun or other planets in Leo? Is it reworking them and helping them grow, or depressing and draining them? A round table discussion of attendees' experiences will be encouraged. $15 ($12 for NCGR and MFA members). Call Bon Rose Fine at 434-4555 or Rodney Smith at 330-2882; bonrosefine@comcast.net or rodsmith_au@comcast.net.

The Method to the Madness: Sun Sign Horoscopes with Bon Rose Fine sponsored by SMART • Nov. 5, 2:30-5 p.m. • Millions of people all over the world turn to "Your Daily Horoscope" type columns for astrological guidance on a daily basis. How can something so general, written for 1/12th the population, have any validity? This talk will explain some of the methods and thinking behind the writing of the astrological advice you may find in your newspaper. $15 ($12 for NCGR and MFA members). Call Bon Rose Fine at 434-4555 or Rodney Smith at 330-2882; bonrosefine@comcast.net or rodsmith_au@comcast.net.

Introduction to Astrology with Beverly Fish sponsored by Ypsilanti Township Rec & Ed • Six Tuesdays, Sept. 12-Oct. 17 or Oct. 24-Dec. 5; 7-8:30 p.m. • This is a beginning class for anyone who has always wanted to learn astrology. You will learn about the twelve signs of the zodiac, the planets that rule them and how they influence your life. This class will help you understand the basic meaning of your natal chart. Bring a set of 3x5 cards for class. $45 ($35 for Ypsilanti Township residents). For the second session, there is no class Oct. 31. Call Beverly at 484-1897; beverly.fish@comcast.net.

Continuing Astrology with Bon Rose Fine sponsored by Ypsilanti Township Rec & Ed • Six Tuesdays, Sept. 12-Oct. 17 or Oct. 24-Dec. 5; 7-8:30 p.m. • This class picks up where Introduction to Astrology left off. After a review of the signs, planets, houses, elements, qualities and polarities, students will learn aspects, the geometrical relationships of the planets to one another, and will become more adept at delineating natal charts. Bring a notebook and your birth information. For the second session, there is no class Oct. 31. $45 ($35 for Ypsilanti Township residents). Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Insights Into Your Unique Human Design with Lori Larson • Nov. 18, 5:30 p.m. at the Crazy Wisdom Community Room • Learn to live your design and love yourself as you are. Bring your FREE human design chart (contact us before-hand). Cognized in 1987, using your birth date, and place, this system maps out your energy design for this lifetime. $20. Call 641-919-2234; Lsquared@lisco.com.

Author Receptions

Lecture and Workshop with Linda Alice Dewey, Author of Aaron's Crossing: An Inspiring True Ghost Story • September 9; Lecture - 10:30-Noon, Workshop - 1- 4 p.m. at Crazy Wisdom Bookstore • Come meet and talk with the author of Aaron's Crossing. From a forlorn cemetery in Northern Michigan, an ethereal presence follows the author home. Years later, he returns to channel his perceptions of life and death through her...Uniquely treated, Aaron's Crossing is a warm tale of a lost soul's journey home instead of a chilling ghost story. Because this actually happened to the author, the ending leaves the reader with new concepts of the afterlife, what it means to love from the heart, and the true meaning of forgiveness. People everywhere search for life-after-death answers. Lecture is free. Workshop: Ghosts: Monsters or Miracles? Workshop, $30 in advance or $40 at the door. To reserve a spot for the workshop, email Linda Alice Dewey at Linda@LindaAliceDewey.com or call 231-334-3633. To contact Crazy Wisdom, call 665-2757; info@crazywisdom.net.

Presentation and Book Signing with Dr. Doris Tishkoff, author of *Madonna/Whore: The Myth of the Two Marys* • Oct. 8, 3:30 p.m. at Crazy Wisdom Bookstore • Free. Call 665-2757; info@crazywisdom.net or www.crazywisdom.net.

Presentation and Book Signing with Marjorie Pivar, co-author of *Fourth Uncle on the Mountain: The Remarkable Legacy of a Buddhist Itinerant Doctor in Vietnam* • Friday, Oct. 20, 7 p.m. at Crazy Wisdom Bookstore • Free. Call 665-2757; info@crazywisdom.net or www.crazywisdom.net.

Ayurveda

Ayurveda and Depression with Nancy Liebler and Sandra Fernandez • Nov. 1, 6:30-9 p.m. at Crazy Wisdom's Community Room • Explore an ancient yet ultra modern perspective on the root causes of depression. Learn how meditation, yoga poses, nutrition and a daily routine that is tailor-made to address your individual "archetype of depression" can disentangle the insidious roots of this condition. Free. Contact ayurveda4depression@yahoo.com.

Beauty

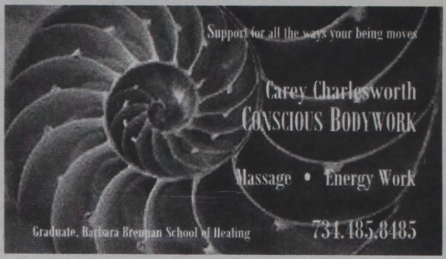
Drop-In Henna Tattoos with Kate Emens at Crazy Wisdom • Saturdays, 7:30-10:30 p.m. • No appointment needed. $5, $10 or $20 per tattoo depending on size and detail. Call 973-6722; kate@akshamhenna.com.

Bodywork and Body/Mind Therapies

Polarity Therapy Level 1 with John Bodary, Karen Kerns and Renee Rutz • Eight Mondays: Sept. 11, 25, Oct. 9, 23, Nov. 6, 20, Dec. 11, Jan. 8; 6:30-10:30 p.m. • Concepts of energy balancing are presented and practiced. This course is approved by the American Polarity Therapy Association. $80 per class includes one hour tutorial with instructor. Call Betty Teeg at 313-647-0038; www.polaritycenter.com.

Healing Touch Level I with Barb McConnell • Aug. 19, 8 a.m.-6 p.m. and Aug. 20 8 a.m.-5 p.m. OR Dec. 2, 8 a.m.-6 p.m. and Dec. 3, 8 a.m.-5 p.m. • Two-day class in a series of energy-based therapy classes in which students use a variety of hands-on techniques that facilitate energy balance for wholeness within the individual, supporting physical, emotional, mental and spiritual well being. This work is based on a heart-centered caring for others. 18-20 CEUs. $275 includes handouts and syllabus. Early registration discount offered. Call 517-522-4790 or 517-914-4133.

Introduction to Healing Touch/Pain Management with Barb McConnell • Sept. 30, 9 a.m.-1 p.m. • Learn basic, non-invasive techniques to help control pain. Some lecture, but primarily hands-on experience. 4 CEs. $70 includes handouts. Call 517-522-4790 or 517-914-4133.



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The Crazy Wisdom Calendar

Bodywork and Body/Mind Therapies (continued)

Introduction to Healing Touch/Self Care with Barb McConnell • Oct. 28 or Nov. 4, 9 a.m.-1 p.m. • A basic introduction to energy healing that teaches the importance of self care. Some lecture, but primarily hands-on experience using specific intervention healing touch techniques. 4.4 CEs. $70 includes handouts. Call 517-522-4790 or 517-914-4133.

Introduction to Healing Touch for Teens with Barb McConnell • Oct. 28, 2:30-5:30 p.m. • Learn how to reduce pain and keep cool, calm, relaxed and centered when under pressure from school, sports, peers and home. Learn simple techniques to promote a sense of well being. Includes meditation and visualization. Primarily hands-on experience covering specific Healing Touch techniques to help promote self care and control pain. 4 CEs. $40 includes handouts. Call 517-522-4790 or 517-914-4133.

Healing Touch Practitioner Support Night with Great Lakes Center for Healing Touch • First Tuesdays of each month, 7 p.m. • Great Lakes Center for Healing Touch Student Training Clinic. Ideal for helping you move towards Healing Touch Certification and staying in touch with Healing Touch practitioners in the area! $20 or $10 for clinic members. Call 332-9332.

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Sundays, 2 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class or $50 for five-hour weekend workshop. Call 665-0849.

Trager Level I with Jean Hopkins • Nov. 6-8 and Nov. 10-12, 9 a.m.-6 p.m. • Comprehensive class in The Trager Approach - an experiential approach to mind body integration that uses self-directed movement exploration and hands-on work to influence the unconscious mind. For professionals interested in enhancing the effectiveness of their current practice and anyone desiring more freedom and ease in their life and work. $870. Call Eileen Dickinson at 717-4145; edickins@umich.edu.

Demonstration Rolfing Sessions with Leland Austin • Nov. 4, 1-5 p.m. at Crazy Wisdom Community Room • Rolfing sessions to experience or observe. Traditional and less traditional sessions available. In addition to a traditional practice of Rolfing, Leland works with some clients to help them bring gentle awareness to different parts of their bodies to notice the subtle arising and unfolding of sensations and emotions. Working in this way develops an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. $5 suggested donation. Call 327-1066.

The Energy Spa with Ruth Zamierowski • Oct. 8, 12:30-3 p.m. at Crazy Wisdom's Community Room • A sampling of mental and energetic techniques to relax and uplift body, mind and spirit. Learn strategies to increase energy and well being. Clear and balance your energy and feel better fast. Leave feeling relaxed and energized. $35. Call Ruth at 248-990-1902; thetranspersonalcoach@yahoo.com.

Book Discussion Groups

Crazy Wisdom Reading Circle • Friday, Sept. 8, Friday, Oct 13, Friday, Nov. 10, Friday, Dec. 8; 7 p.m. at Crazy Wisdom Community Room • Join our monthly Reading Circle at Crazy Wisdom Bookstore. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off the purchase of the current month's title. September's selection will be *The Culture Code* by Clotaire Rappaille. October's selection will be *Stumbling on Happiness* by Daniel Gilbert. November's selection will be *Coming to Our Senses* by Jon Kabat-Zinn. December's selection will be *Brilliancy: The Essence of Intelligence* by A.H. Almaas. All are welcome. Just show up! Call 665-2757; information@crazywisdom.net.

Breathwork

Integrative Breathwork with Linda Adamcz Sept. 2 or Sept. 23, 10 a.m.-6 p.m. in Kalamazoo A musical meditation for insight, emotional healing and creativity. Mandala artwork and group discussion are important aspects of this workshop. An experience of listening to music that can access different energy centers in the body to release emotions and negative thoughts. Also helps gain insight about life experiences. $90. Call 269-388-2988; lkadamcz@juno.com.

Integrative Breathwork with Linda Adamcz Oct. 7, Oct. 28, Nov. 4, Nov. 18 or Dec. 9, 10 a.m.-6 p.m. A musical meditation for insight, emotional healing and creativity. Mandala artwork and group discussion are important aspects of this one-day workshop. An experience of listening to music that can access different energy centers (chakras) in the body to release emotions and negative thoughts. Also helps gain insight about life experiences. $90. Call 269-388-2988; lkadamcz@juno.com.

Transformational Breath Introductory Workshops with Julie Wolcott and Marcia Bailey • Sept. 19, Sept. 25, Oct. 17 and Oct. 23; 7-10 p.m. • An introduction to the Transformational Breath, Judith Kravitz' approach to connected breathing. The Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns and through a process of experiencing full, open, connected breathing, integrate the mind, body and spirit at a higher vibrational level. Healing, joy and peace are common outcomes. This workshop is designed for those who are new to connected breathing as well as those who have already experienced a form of breathwork. The workshop will include a brief description of the Transformational Breath, a demonstration of breath analysis, and a group breathing session. $40 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

More Alive with More Joy through Transformational Breathing with Julie Wolcott and Marcia Bailey • Sept. 19, Sept. 25, Oct. 17, Oct. 23; 8-10 p.m. • Each of these classes is designed to empower participants in successfully using the Transformational Breath on a regular basis for self-healing. A 45-minute group breathing session will be offered, followed by an integration process after the breathing session. This class is appropriate for those who have experienced one or more Transformational Breath workshops. $30 for each class. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Transformational Breath Sessions for Meditators with Julie Wolcott and Marcia Bailey • Oct. 11, 18, 25; 7-10 p.m. • For experienced Transformational Breathers and meditators - a series of three sessions. Combining the benefits of meditation and the breath, each session will build on the one previous, providing more aliveness, joy and healing. $70 for the series or $30 for each class. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Transformational Breathwork Weekend Intensive Level 1 with Julie Wolcott and Marcia Bailey • Nov. 17, 7-10 p.m.; Nov. 18 and 19, 10 a.m.-5 p.m. • This weekend Transformational Breathwork intensive is open to those who have experienced one or more introductory Transformational Breath workshops or the equivalent. This training will include five full breathing sessions and related didactic material. The sum total of the weekend will demonstrate in a powerful way how you can bring vitality, joy and health back into your life through the vehicle of the breath. Specific topics include an abundance program, the five rites, breathing analysis, five elements of a Transformational Breath session, breath patterns, Byron Katie's The Work and a forgiveness exercise. Personal coaching will invite a natural open flowing breath that will become a vehicle for transforming old suppressed, negative material. $500 for weekend intensive with partial scholarships available. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; mbailey@tm.net.

Buddhist Teaching & Buddhist Meditation

For related listings, please see "Meditation" Section

Attaining Lasting Satisfaction Tuesday Evening Series with Gehlek Rimpoche or Jewel Heart Instructors • Tuesdays, 7 p.m. • Buddha's ancient methods for lasting satisfaction are precious treasures that still apply to our needs even today. Gehlek Rimpoche and Jewel Heart instructors offer enriching gems to take home and carry into our everyday lives. $10 drop-in, $5 seniors or students, $70 non-members, $35 supporting members, free for sustaining members and above. Call 994-3387 extension 1,2 or 3; www.jewelheart.org.

Sept. 12 • Opportunity of a Lifetime
Sept. 19 • Illusions of Self
Sept. 26 • Freedom through Responsibility
Oct. 3 • The Impostor of 'Me'
Oct. 10 • Desire and Dissatisfaction
Oct. 17 • Justifying Anger
Oct. 24 • Pride and Humility
Nov. 7 • Refuge in the Qualities of Buddha, Dharma and Sangha
Nov. 14 • Why Do We Care?
Nov. 21 • Appreciation and Love
Nov. 28 • The Path of Liberation
Dec. 5 • Considering Reincarnation
Dec. 12 • The Wisdom in Generosity

White Tara Meditation Practice Session with Jewel Heart Instructors • Sundays, 11:30-12:30 • White Tara, mother goddess of enlightened compassionate activity, is associated with physical, mental, and emotional healing and long life. This practice incorporates healing visualizations and draws upon the feminine energy of White Tara. All are welcome. Free of charge. No meeting Sept. 3. Call 994-3387 extension 1,2 or 3; www.jewelheart.org.

Sunday Morning Introductory Talks at Jewel Heart with Jewel Heart Instructors • 10-11 a.m. • Stimulating topics presented on Sunday mornings for a general audience interested in experiencing the Buddhist perspective. Hour-long talk followed by half-hour social period with tea and cookies. Free of charge. All are welcome. Call 994-3387 extension 1, 2 or 3; www.jewelheart.org.

Sept. 3 • Waking Up To Life with Philip Glass
Sept. 10 • Busy Laziness
Sept. 17 • Assessing Spiritual Growth
Sept. 24 • Two Types of Meditation
Oct. 1 • Why Talk About Suffering?
Oct. 8 • Mindful Living
Oct. 15 • Does Anger Really Protect?
Oct. 22 • Dealing with Difficult People
Oct. 29 • Compassion and Wisdom with Gehlek Rimpoche
Nov. 5 • Emerging from Suffering
Nov. 12 • The Divine Connection
Nov. 19 • Motivation and Dedication
Nov. 26 • Praise and Prostration
Dec. 3 • Offerings of Joy
Dec. 10 • Regret is Not Guilty
Dec. 17 • Exponential Benefit of Rejoicing

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • Wednesdays, Sept. 6-Oct. 25; 7-8:30 p.m. • Meditation provides us with a clear, stable mind, necessary for a happy life and is the foundation for deepening our spiritual journey. Normally eight weeks, this condensed course offers hands-on experience with the basic elements of meditation, using breath, posture, and techniques for coping with distractions and laxity of mind. $80; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

Lam Rim: The Initial Scope Part One with Jewel Heart Instructors • Thursdays, Sept. 7, 14, 21, 28, Oct. 5, 12, 19, Nov. 2; 7-8:30 p.m. • Lam Rim, spiritual practice according to the tradition of Je Tsong Khapa, traverses the entire path to enlightenment. Offered as Lam Rim I, II and III, Lam Rim I illuminates our present conditions to live life in positive harmony with the universal laws of karma. Lam Rim I will be offered in five parts. This in-depth course is recommended to follow Odyssey to Freedom and Three Principles of the Path. $80; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

Three Principles of the Path Section 1 with Jewel Heart Instructors • Mondays, Oct. 9-30, Nov. 6-27; 7-8:30 p.m. • The three principle aspects of the path to enlightenment highlight the importance of developing the determination to be free from suffering, compassion and wisdom. Gehlek Rimpoche's transcript, The Three Principles of the Path, serves as course material offered in this first of three sections. This course is recommended to precede Odyssey to Freedom. $80; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

The Healing Practice of White Tara with Jewel Heart Instructors • Wednesdays, Nov. 1-22; 7-8:30 p.m. • White Tara is the mother goddess of quick and compassionate activity particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental and emotional suffering. $80; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

Samadhi Program with Jewel Heart Instructors • Sundays, Sept. 17, Oct. 1, 8, 22; 1:30-3:30 p.m. • Samadhi, or concentrated meditation, is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This new course begins with four instruction sessions followed by nine facilitated practice weekends planned over the next two years. First full weekend practice will be November 4 and 5 with costs and details to come. $50; no charge for sustaining members and above. Call 994-3387 ext. 1, 2 or 3; programming@jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Saturdays, Sept. 9, 16, 30, Oct. 7, 14, 21, Nov. 4, 11, 25; 9-10 a.m. • Weekly concentrated meditation sessions open to everyone at all levels of experience. A great way to begin your weekend. Facilitators will provide limited basic guidance for the sessions during this one-hour period of breath meditations. Donations welcome. Call 994-3387 ext. 1, 2 or 3; programming@jewelheart.org.

Lojong - Seven Point Mind Training with Guest Speaker Khen Rimpoche of Jewel Heart • Nov. 18, 10 a.m.-5 p.m. • Lojong (mind training) teachings offer methods to take our ordinary level of compassion to the extraordinary level of bodhimind. Seven Point Mind Training will be offered on the basis of Geshe Chekawa's Lojong text which includes how to equalize and exchange our self with others and the technique known as ton len, 'giving and taking' upon the breath. $60 for non-members; $40 for members. Call 994-3387 ext. 1, 2 or 3; programming@jewelheart.org.

Introductory Zen Meditation Course at Zen Buddhist Temple • Thursdays, Sept. 14- Oct. 26, 6:15-8:30 p.m. • The view point of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the temples meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $120-$100, unwaged. Call 734-761-6520; a2buddha@provide.net.

One-Day Meditation Retreat at Zen Buddhist Temple • Sept. 16 and Nov. 11, 7-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest- an interval of deepening, of slowing down, silence and mindfulness. $50. Call 734-761-6520; a2buddha@provide.net.

Two Sunday Services at Zen Buddhist Temple • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation services consists of two periods of meditation, chanting of the Three Refuges and a talk. Afternoon service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. Free. Call 734-761-6520; a2buddha@provide.net.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • Dec. 1, 7 p.m., Dec. 2, 3 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160, includes vegetarian meal. Call 734-761-6520; a2buddha@provide.net.

Yongmaeng Chongjin (three day meditation retreat) at the Zen Buddhist Temple • 7 p.m. Oct. 5 to 8 a.m., Oct. 7 • Conducted by Ven. Haju Sunim, resident priest at the Zen Buddhist Temple in Ann Arbor. This retreat is an intensive period of zen practice geared toward the experienced student. Call 734-761-6520; a2buddha@provide.net.

Talks with Vietnam Veteran Claude Anshim Thomas at the Zen Buddhist Temple • Oct. 17, at 7:30 p.m. • Buddhist pilgrim monk, and author of *At Hell's Gate*. Call 734-761-6520; a2buddha@provide.net.

Seminar on the Life of The Buddha through the Zen Buddhist Temple • Sundays Oct. 15, 22, 29 and Nov. 5, 11:30-1 p.m. • Topics are Prince Siddartha's early life and marriage to Yasodhara; his renunciation and homeless life; his enlightenment and first sermons, his return home and young members of the Shakyas joining the order; and his last days and death. Free Call 734-761-6520; a2buddha@provide.net.

Year-End Service at the Zen Buddhist Temple • Dec. 31, 8 p.m. • Everyone is welcome to join us in this special candle-lighting service, a gentle and contemplative way to let the old year go and focus on peace and wisdom for ourselves and the world for the new year. Overnight Accommodations available for $45. Call 734-761-6520; a2buddha@provide.net.

Thursday Teachings with Gen Kelsang Khedrub • 7 p.m. • Buddha's popular teachings on the four noble truths offer a clear and simple solution, guiding us to an oasis of peace within our hearts. Teaching, guided meditation, and discussion. Everyone is welcome. $10 per class. Call 248-444-4633; info@meditateinmichigan.org.
Sept. 7 • The Capacity of Our Minds
Sept. 14 • Understanding our Desires
Sept. 21 • The Courage to Face Suffering
Sept. 28 • The Origin of our Problems
Oct. 5 • The Path to Nirvana
Oct. 12 • The Faults of Anger
Nov. 2 • Medicine Buddha Teachings
Nov. 9 • Why We Get Angry
Nov. 16 • An Accepting Heart
Nov. 30 • The Wisdom Of Patience
Dec. 7 • Acting out of Acceptance
Dec. 14 • Attachment, Anger and Jealousy

Saturday Teachings with Gen Kelsang Khedrub • 10-1 p.m. • Anger is one of the most common and destructive delusions, it afflicts our minds almost everyday. Gen Khedrub will guide us through Buddha's timeless wisdom teachings on how to develop a sincere mind of patience that is not just silent anger. Everyone is welcome. $25. Call Call 248-444-4633; info@meditateinmichigan.org.
Sept. 30 • A Buddhist Approach to Anger
Nov. 11 • The Healing Practice of Medicine Buddha
Dec. 16 • Faith and Wisdom: Relying on a Spiritual Guide

Caregiving

The Wounded Healer: Caregivers in the 21st Century with Bettina Mollica of Weber Center • Sept. 9, 10-4 • The role of caregiving can be both rewarding and draining. Recognizing the part spirituality plays in sustaining our ability to provide compassionate care is important, not only for our own well being but also for the well being of those we serve. This workshop will address the role of spirituality in caregiving and differentiate it from religion or faith. $50. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

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The Crazy Wisdom Calendar

Celtic Mysteries

Journey to Avalon: Nine Maidens Magic - Meet the Muse with Bronwen Gates • Nov. 5, Noon-5 p.m. • This journey to embrace magic and mystery takes you to meet the muse, the nine maidens magic, source of all creativity and inspiration. A playshop of pleasure and delight, the opportunity to learn how to call on the muse in your daily life. $63 prepaid, or $72 at playshop includes brunch. Call 975-8754; bronwild@aol.com.

Ceremonies, Celebrations & Festivals

Uncommon Knowledge with Adrianne Eliseo • Sept. 30, 11 a.m.-1 p.m. (Discussion), 2 p.m.-7 p.m. (Festival) at Crazy Wisdom's Community Room • This Special program presents a concise edition of the four-part yearly educational series (also called Uncommon Knowledge) in a single talk. It unveils the mystery of uncommon knowledge and touches upon clues that keys to this supreme enigma of modern life. The talk offers an uncommonly good education in one session. It demystifies hand reading, tarot, astrology, and the rules of luck for a more balanced and rewarding human life. Followed by a small truth seekers fair, offering a variety of holistic services including readings and alternative health modalities. $25 if registered by Sept. 23. $30 thereafter. Call 269-373-6677.

Blessings of the Muses with Adrianne Eliseo • Dec. 2, 3-7 p.m. at Crazy Wisdom's Community Room • A small truth-seekers fair offering a variety of holistic services including readings and alternative health modalities. There is also a Hands Demystified Talk from 11 a.m.-2:30 p.m. See complete description under "Palmistry." $13 for ten minutes for most services. Call Handiworks at 269-373-6677.

21st Dimensions in Light Festival through the Lighthouse Center • Oct. 22, 11-7 p.m. • Well known metaphysical festival in Michigan with vendors, readers, bodyworkers, aura photography, ear coning, health products, vegetarian food and free lectures. Cruelty free products, volunteer and receive free admission. $5. Call 734-663-2218; www.lighthousecenterinc.org.

Eucharistic Celebration with Visitation Staff • First and Third Wednesdays, 7 p.m. • Come and share in this mid-week celebration of Eucharist. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Christmas Eve Liturgy with Rev. Tom Lumpkin at Visitation • Dec. 24, 10:30 p.m. • Celebrate the Christmas Eucharist at 11 p.m., preceded by Christmas carols at 10:30 p.m. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Liturgy of Remembering with Rev. Tom Lumpkin at Visitation • Nov. 1, 7 p.m. • This Eucharistic celebration will provide opportunity for remembrance of loved ones who have died during the past year. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Days of the Dead Lecture and Workshop with Gail Arrenholz and Creative Spirit Center • Oct. 13, 7-9:30 p.m. lecture; Oct. 14, 1-4 p.m. workshop • Lecture includes an historic and anthropological look at this celebration. The film Flickering Lights: Days of the Dead by Crizmac will be shown as well as images of storefront altars, Mexican cemeteries and folk art. Participants in the workshop will honor their own dead loved ones. $15 lecture. $60 for lecture and workshop. Call Suzanne at 989-837-1885; creativity@creativespiritcenter.org.

Thanksgiving Eve Meditation at the Lighthouse Center • Nov. 22, 7 p.m. • Meditation, with veggie potluck to follow. Free. Call 734-449-4381; Theilp17@yahoo.com.

Christmas Eve Meditation at the Lighthouse Center • Dec. 24, 6-7:30 p.m. • A meditation celebrating the Christ light and the joy of Christmas. Includes singing Christmas carols. Free. Call 734-449-4381; Theilp17@yahoo.com.

New Years Eve Meditation at the Lighthouse Center • Dec. 31, 11-12:30 p.m. • Meditation to release the old year and bring in the new year in the highest vibration. Free. Call 734-449-4381; Theilp17@yahoo.com.

Candle Light Ceremony with Healing and Meditation at the Lighthouse Center • Sundays 6-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations, visualization and healing circle, reiki healing during meditation for all who wish it. Free. Call 734-449-4381; Theilp17@yahoo.com.

> Live your questions now, and perhaps even without knowing it, you will live along some distant day into your answers.
>
> -Rainer Maria Rilke

Chakras

Chakra Meditation Class with Nirmala Nancy Hanke of Lighthouse Center • Thursdays 7:30-9:30 p.m. • Each week one of the seven chakra energy centers will be the focus of mantra meditation. Prerequisite: at least 2 months of mantra meditation. Having already attended the heart empowerment class, taught by Prachi Patricia Thiel, is also recommended. $90. $105-non-pledging. Call 734-449-4381; Theilp17@yahoo.com.

Chakra Meditation With Ema Stefanova • Nov. 11, 2:30-5:30 p.m. • This workshop is for all interested ages 14 and up to learn about the vital and still widely misunderstood subject of the chakras. The subtle yoga physiology of the chakras and energy channels will be explained and classical tantric chakra meditation will be practiced. The instructor, an expert on the subject, will talk about her personal experience with the chakra and kundalini awakening. No previous experience is necessary. Call 665-7801; emastefanova@cs.com.

Channeling

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta Zarley channels information from Spirit about changes we experience as we move towards Ascension, trends and issues that affect us, and teachings to help us all move along our spiritual paths. Bring a dish to share. $10 suggested donation. Call Evan Peelle at 248-437-7466; euphoria444@aol.com.

Evening with Aaron channeled through Barbara Brodsky • Sept. 20, Oct. 18, Dec. 20; 7:30-9:30 p.m. • An open session with Aaron and Barbara on spiritual and metaphysical topics. Aaron will offer a talk and then answer personal and universal questions. All are welcome. $10-$20 suggested donation. Call Deep Spring Center at 477-5848; www.deepspring.org.

An Evening with Jacob with Judy Crookes through Gateways Center for Life Enrichment • Sept. 11, Oct. 2, Nov. 6; 7-9 p.m. • Jacob, channeled by Judy Crookes, is a delightful and charming entity, a master teacher whose sole purpose is the empowerment of each individual who is present. Jacob's method of teaching is to use analogy and example mixed with lots of laughter. Great depth is achieved through this approach and each person feels personally touched and loved. This evening will consist of a short talk, one-on-one interaction with most participants, question period and meditation. $15. Call 332-4666; gatewayscenter@hotmail.com.

Soul Stories with Gloria Marshall through Gateways Center for Life Enrichment • Sept. 22, Nov. 3 • Gloria will do an intuitive Soul Reading for each participant which will come forward as a story that your soul wants you to hear. It is the story that is written on the walls of your heart, told so that you can read it. $10. For times, call 332-4666; gatewayscenter@hotmail.com.

Discovering Your SoulSelf with Jacob and Judy Crookes through Gateways Center for Life Enrichment • Sept. 16, 9 a.m.-5 p.m. • What is it that weaves the cloth of your life? Are you in total control of your own destiny? Do you think that you are swept by the winds of fate with little or no control over who you are and what you do? Join Jacob for a day of laughs, information and deep meditation that will take you to the wider spectrum of your SoulSelf. $70. Call 332-4666; gatewayscenter@hotmail.com.

Rapid Healing and Activation with Sandya •Wednesdays, 7:30-9:30 p.m. • You incarnated at this special time to participate in the transition to the next age. It is time to bring forth the gift that will accelerate healing and activate spiritual purpose. Those who vibrate to the 13th frequency will manifest great things in their lives. Prepare for the new world and the return of love. $30 each or $100 for series of four. Call 734-913-9670; sandya2013@yahoo.com.

Childbirth

Oh My, We're Having A Baby with Mary Stevens • Oct. 11, 7-8:30 p.m. • Getting ready for a new child involves more than buying diapers and preparing for labor and delivery. This workshop addresses the many emotional and relationship shifts that affect new moms and dads. Move beyond sleep deprivation to developing a greater sense of comfort and competency with your new baby. $35 per person or $50 per couple. Call 794-9989; life_cycles@comcast.net.

Holistic Childbirth Preparation with Beth Barbeau, Kate Stroud and Patty Brennan of Center for the Childbearing Year • Seven Wednesdays, Sept. 6-Oct. 18, 7-9:15 p.m.; Seven Tuesdays, Sept. 12-Oct. 24 or Nov. 7-Dec. 19, 7-9:15 p.m. • Seven-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. M-Care insurance reimbursement. $220 per couple with discounts available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Newborn and Infant Care with Beth Barbeau of Center for the Childbearing Year • Two Wednesdays, Oct. 25 and Nov. 1, 7-9:15 p.m. or Two Saturdays, Dec. 2 and 9, 9:30-11:45 a.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, diapering, equipment/furniture recommendations (what's really necessary?), and reclaiming your sex life. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $70 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Breastfeeding Basics with Beth Barbeau of Center for the Childbearing Year • Nov. 8, 7-9:15 p.m. or Dec. 16, 9:30-11:45 a.m. • This class is designed to provide the basic information that a pregnant woman needs to be successful at breastfeeding. Topics include keys to successful breastfeeding; obstacles to breastfeeding success; what is "normal"; overcoming common problems; psychological, cultural, and societal issues that impact breastfeeding; what to do when breastfeeding doesn't work; back to work strategies, and product review – bras, pumps, and other lactation aids. M-Care insurance reimbursement. $35 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Nov. 10-12, 9 a.m.-5:30 p.m. each day • Become a Professional Birth Doula. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills, and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through DONA International. No previous medical training required. 24.6 Nursing CEUs provided. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Oct. 13-15, 8 a.m.-6:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on postpartum recovery, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. 29.7 Nursing CEUs provided. $385 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Introduction to Childbirth with Patty Brennan of Center for the Childbearing Year • Nov. 4, 9 a.m.-5:30 p.m. • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics covered include optimal nutrition for a healthy pregnancy, anatomy and physiology of pregnancy and birth, relief for common discomforts of pregnancy, conscious relaxation and breath awareness, body mechanics, stretches, and essential exercises for the childbearing year, the experience of labor, complications of labor and birth, medical interventions in birth and the process of informed consent, medical protocols and tests for the newborn, mom's normal postpartum recovery, and breastfeeding basics. $110 with early registration discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Ensuring Breastfeeding Success with Beth Barbeau of Center for the Childbearing Year • Sept. 23, 9 a.m.-5 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. 7.8 Nursing CEUs provided. $110 with early registration discount offered. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Pain Management and Childbirth with Barbara Hotelling of Center for the Childbearing Year • Nov. 2, 7-9 p.m. • This discussion considers the integral role of pain in childbirth and provides a sociological/historical perspective of why we attempt to get rid of pain. Topics include the origin of pain stimuli, the difference between pain and suffering, the role of endorphins, pain relief and women's satisfaction with childbirth, caregivers' attitudes and behaviors, the birth environment, implications for doulas and labor support and more. 2.4 Nursing CEUs provided. $20 (add $10 for CEUs). Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Wise Women Homebirth Initiative with Adarsa Antares • Sept. 23, 1 p.m. at Crazy Wisdom's Community Room • A look at current obstetric trends in the United States and alternatives to lower the incidence of cesarean section and intervention. Free. Call 734-972-8775; adarsaantares@yahoo.com.

Christianity

Safe and Sacred Space: Lay Ministry Support facilitated by Margaret Gaffney or Nancy Ayotte of Visitation in collaboration with Jim Kiefer of the Office for Lay Ministry • Second Wednesday of October, November, December; 5-6:30 p.m. and Second Thursday of the month: Oct. thru Dec., 6-7:30 p.m. • During this time, there will be an opportunity to share our call to ministry and the challenges and opportunities we face. Free will offering. Call 734-242-5520; visitation@ihmsisters.org.

Opening to the God Who Comes with Martha Rabaut of Visitation • Dec. 10, 2-5 p.m. • As we try to deeply live our faith during this Advent and Christmas season, this reflection will raise the questions: Is our sense of the God who comes intimate enough? Is our sense of God big enough? Who is the God who comes? By reflecting on God's presence and action in the emerging universe and all of the created world, by opening to the One Love at the heart of all that is and by realizing the interrelatedness of all created reality, our sense of God can be enriched. $20. Call 734-242-5520; visitation@ihmsisters.org.

Pictures of God: Biblical Reflections on Art through the Poetry of Rainer Maria Rilke with Annemarie Kidder of Visitation • Dec. 2, 10 a.m.-12:30 p.m. • We will explore the religious poetry of German poet Rilke (1875-1926), much of which was based on and inspired by well known Renaissance paintings, icons and sculpture. We will look at images of some of these art objects, read Scripture passages associated with them and hear how the poet captured the scene depicted as verbal snapshot, thus producing a 'picture of God'. $20. Call 734-242-5520; visitation@ihmsisters.org.

Open House with Visitation Staff • Oct. 15, 3-5 p.m. • Attend an Open House to mark the formal opening of Visitation North Spirituality Center in Bloomfield Hills. Meet members of the Consultors Circle, staff and volunteers. A prayer service, including a welcome by Mary Fran Gilleran and blessing by Margaret Brennan will be held at 4 p.m. Free. Call 734-242-5520; visitation@ihmsisters.org.

Mary: As Human As We? with Donna Hart of Visitation • Oct. 28, 10 a.m.-12:30 p.m. • For centuries, Catholics have admired and been inspired by Mary. This session will explore new views of Mary in a deeply satisfying way. Donna will share insights gained from Elizabeth Johnson and other resources to connect Mary's everyday life experiences with our own. $20. Call 734-242-5520; visitation@ihmsisters.org.

Radical Amazement: Responding Contemplatively to the Universe Story with Judy A. Cannato of Visitation • Nov. 4, 10 a.m.- 3 p.m. • Living in Radical Amazement is about the universe story, contemplation, and transformation; an effort to nurture the connections among those who are committed to responding to the challenge of our time. Each one of us holds the vision a little differently and responds uniquely, but all of us seek to offer and commit the gifts that are ours wholly and without reservation. The universe story has revealed to us what the mystics of old have always known; that on the most fundamental of levels we are one, all of us connected in the mystery and majesty of Creation. Living in Radical Amazement seeks to hold out that image of connectedness as a reminder of who we are and what we are about. $35. Call 242-5520; visitation@ihmsisters.org.

In Conversation: The Universe Story and Gospel with Patricia Walter through Weber Center • Dec. 1st, 7:30 p.m. - Dec. 2nd, 4:30 p.m. • In recent years increasing attention has been given to "the new cosmology" or "the new universe story." How does this "new" cosmology interface with our Christian tradition? How does it impact our faith? The purpose of this workshop is to explore some of these challenges. Please register by Nov. 11th. Single occupancy-$150, Double Occupancy-$100, Commuter-$75 Call 517-266-4000; webercenter@adriandominicans.org.

Holy Wisdom Workshop with Mary Irving through Weber Center • Oct. 6, 7:30 p.m.- Oct. 8, 1:00 p.m. • The wisdom books of the Old Testament have recently uncovered the ancient, compelling features of Holy Wisdom or Sophia. New Testament reflection has discovered these features as the picture of Jesus unfolds in surprising new ways. The weekend will provide time to reflect and pray about this unfolding revelation of God. Please register by Sept. 15th. Single occupancy-$150, Double Occupancy-$100, Commuter-$75 Call 517-266-4000; webercenter@adriandominicans.org.

Color Energy

Aura-Soma Level 1: Foundation Class with Victoria Silks • Sept. 16-21, Oct. 16-12 • The Foundation Level of Aura-Soma color care system developed in England in 1980 includes hands-on experiential work to complement the introduction of the 105 "equilibrium" bottles containing the energies of color and light, flowers, herbs, crystals and gems. Classes good for CEU's from NCBTMB. $625 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

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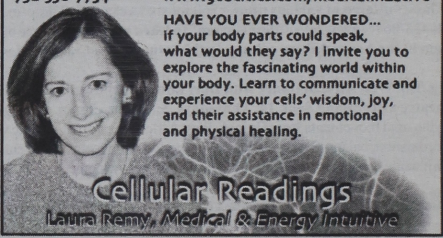

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The Crazy Wisdom Calendar

Color Energy (continued)

Aura-Soma Level 2: Intermediate Class with Victoria Silks • Sept. 23-28, Oct. 21-26 • Level 2 builds upon Level 1 to deepen the understanding of the language of color. It exposes students to the connection between color energy and other wisdom traditions, as well as deepening consultation skills. $650 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 3: Advanced Class with Victoria Silks • Nov. 4-9 • Level 3 builds on the first two levels and is an exciting journey into the interrelationship between the Aura-Soma equilibrium bottles and the Tree of Life and tarot. It continues to deepen the practitioner/client relationship. $725 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

Consciousness Studies

The Transforming Power of Contemplation with Donald Goergen through Weber Center • Friday Oct. 13, 7:30 p.m. - Sunday Oct. 15, 1:00 p.m. • In this workshop contemplative practice will be interwoven with the presentations on the theology of contemplation and theories of consciousness. Particular attention will be given to the theories of spiral dynamics, evolutionary enlightenment, and Teilhard de Chardin's creative evolution. We will also address how to integrate social consciousness with contemplative consciousness in a more holistic way. Please register by Sept. 22nd. Single occupancy-$200, Double occupancy-$125, Commuter-$100. Call 517-266-4000; webercenter@adriandominicans.org.

Ken Wilber Ann Arbor Meeting Group with Dennis Hunt • Sept. 16, Oct. 21, Nov. 11, Dec. 16, between 2:30 p.m.- 4:30 p.m., at Crazy Wisdom Community Room • Discussion of Ken Wilber's work, and related issues.. Free. Call 734-658-7619; dhunt98@earthlink.net.

Dance & Movement

West African Dance: Ages 7-12 with Dori Edwards through Tree of Life Studio in Chelsea • Mondays, 5 p.m. • Come experience a fun culture from far away. We will learn dances, songs and traditional folklore from West Africa in this exciting dance class. $60 for six weeks or $12 drop-in. Call 433-0697; www.treeoflifestudio.org. **To learn more about Tree of Life Studio, read about them in the Around Town column in this issue of *The Crazy Wisdom Community Journal.***

Dance Classes: Afro Caribbean, Afro Modern, Belly Dance, Jazz/HipHop, Meditational Movement, NIA, Rhythmic Aerobic, Theatrical Dance through Tree of Life Studio in Chelsea • Classes offered at various times • $60 for six weeks or $12 drop-in. For complete information, call 433-0697; www.treeoflifestudio.org. **To learn more about Tree of Life Studio, read about them in the Around Town column in this issue of *The Crazy Wisdom Community Journal.***

Beg./Int. West African Dance with Dori Edwards and Julie Kouyate through Wild Swan Theatre • Beginning Sept. 14, Thursdays, 5:30 p.m.- 7 p.m. through June • This class teaches rhythm and movements from Guinea, West Africa. It is a great aerobic workout that focuses on coordination, balance, and isolations of the body. Come feel the enlivening and exhilaration of your spirit while dancing to live drumming. $10/ drop-ins welcome. Call 475-1836.

Thanksgiving and Holiday Praise Through Dance with Marie Kopin and Ericka Courlander through Creative Spirit Center • Nov. 17, 7 p.m.- 9 p.m. • Start your holiday season with "attitude of gratitude". We will give thanks joyfully through dance, using selected songs of praise and thanksgiving and readings about Thanksgiving times. $5. Call 989-837-1885; creativity@creativespiritcenter.org.

Continuum Movement: Fields of Resonance with Robin Becker • Nov. 10, 6:30 p.m.-9:30 p.m. (Intro.), Nov. 11, 11 a.m.-6 p.m., Nov. 11, 10 a.m.-5 p.m. • Continuum Movement is a unique and innovative field of movement education based on the understanding that all life, including the human body, has been shaped by water. Continuum offers a dynamic and creative approach to self-awareness and healing in which the body is valued as a living model of a creative biological process. It is appropriate for everyone at all levels of mobility and is a very gentle physical exploration, bringing attention and awareness to our interior terrain. Friday serves as an introduction and is required for new students. $45 for Friday night alone. $225 for Saturday and Sunday. $250 for Friday through Sunday. Call Elaine Economou at 734-475-9686; elaine_economou@hotmail.com.

Dance Meditations with Mas Abe of Body Mind Spirit Wellness Centers• Tuesday Sept. 26, and Tuesday Nov. 14, 8 p.m. • An evening of ecstatic dance and free-form expression that is non-instructional. Come feel the atmosphere and be moved by the exotic sounds of world beats, trance rhythms, tribal drums, and other high vibrations that will move you to dance with the beloved. Wear loose fitting, comfortable clothing. Bring a towel and water as you will surely sweat! Free. Call 945-8602; staff@bmswc.com.

Dance of Universal Peace with Sylvia and John Middlebrooks through Friends Meeting House • 1st Friday of each month, 7 p.m.-9 p.m. • All are invited to join this circle of prayer in motion. The words may be in Arabic, Sanskrit, or Hebrew, or Aramaic, or English; but the message is one of love, harmony, beauty, peace, and unity. The dances help us to touch the spiritual essence within ourselves and each other. The movements are simple; all is taught; no experience is needed. Free. Call 996-1332; smid@comcast.net.

Drumming

Adult West African Hand Drum Class with Ryan Edwards through Wild Swan Theatre • Beginning Sept. 14, Thursdays, 7:15 p.m.-8:45 p.m., through June • A fun, ego free drum class, studying traditional rhythms from the Malinke` and Susu people of West Africa. Class also focuses on feel and technique. $10. Call 734-475-3158.

Drumming Classes through Tree of Life Studio in Chelsea • Classes offered at various times • $60 for six weeks or $12 drop-in. For complete information, call 433-0697; www.treeoflifestudio.org. **To learn more about Tree of Life Studio, read about them in the Around Town column in this issue of *The Crazy Wisdom Community Journal.***

Drummunity Circle at Crazy Wisdom Community Room with Lori Fithian • Sept. 26, Oct. 19, Nov. 21, Dec. 19, 7-9 p.m. at Crazy Wisdom's Community Room • All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com.

Drummunity Workshop for New Drummers with Lori Fithian • Sunday, Sept. 24, 1-5 p.m. • Learn to play hand drums and other percussion instruments in a community drum circle. Get in touch with your own rhythm as you connect with the circle. $30. Call 426-7818; lorifithian@mac.com.

> When a dog runs at you, whistle for him.
> - Henry David Thoreau

Rhythm, Drum and Fun Day with Lori Fithian • Saturday, Nov. 11, 1-5 p.m. • Come explore the world of rhythm, body percussion, hand drums, boomwackers and soundshapes are just a few of the tools we will play with. For musicians, drummers, and humans who want to get into the groove. $30. Call 426-7818; lorifithian@mac.com.

Sacred Drum Circle with Maestro of Body Mind Spirit Wellness Centers • Tuesday Sept. 19, 8 p.m., Tuesday Nov. 28, 8 p.m. • An evening of open, free-form rhythm and drumming. No experience necessary. If have drum, please bring. Free. Call 945-8602; masabe@bmswc.com.

Drumming Circle with Gail Tola and Sally Gabany through Visitation • Second Friday of Sept.-Dec., 7-9 p.m. • Come for a two-hour session that may awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. Experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. Bring your own drum if you have one. Some drums will be available. No experience necessary. Attend as many sessions as you wish. $10-$20 suggested donation. Call 734-242-5520; visitation@ihmsisters.org.

Drum Our souls Free! with Afia Walking Tree (visiting from California) • Saturday Oct. 14, 9 a.m.-12 p.m. (beginners), 1-5 p.m. (intermediates) • Explore the creative power of hand and stick drums of the African Diaspora. Master technique, bring out the voices of your drum, and find your drum-love song. $30-40 (Beginners) $40-$50 (intermediate) Call 426-7818; lorifithian@mac.com.

Earth Healing

Medicine for the Earth: Restoring Health to Self and Environment with Kate Durda • Sept. 15-17. Friday at 6 p.m. through Sunday at 4 p.m. in Port Huron, Ontario • Based on the work of Sandy Ingerman, author of *Soul Retrieval*, in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and 'pollution', explore alchemy and practice a spiritual methodology which fosters the creation of miracles. Healing ceremony on Sunday afternoon. $250 Canadian. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net; www.shamanicvisions.com/ingerman.html.

Medicine for the Earth: Restoring Health to Self and Environment with Kate Durda • Sept. 23, 10 a.m.-5 p.m. in Midland • Based on the work of Sandy Ingerman, author of *Soul Retrieval*, in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and 'pollution', explore alchemy and practice a spiritual methodology which fosters the creation of miracles. $90. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Medicine for the Earth: Restoring Health to Self and Environment with Kate Durda • Sept. 30, 10 a.m.-8 p.m. in Traverse City • Based on the work of Sandy Ingerman, author of *Soul Retrieval*, in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and 'pollution', explore alchemy and practice a spiritual methodology which fosters the creation of miracles. Fire ceremony on Saturday evening. $110. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net; or call Joni at 231-946-7033.

Medicine for the Earth: Restoring Health to Self and Environment with Kate Durda and Stephanie Tighe • Oct. 28-29, 10 a.m.-5 p.m. Saturday, 9:30 a.m.-4:30 p.m. Sunday; in Bath, near Lansing • Based on the work of Sandy Ingerman, author of *Soul Retrieval*, in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and 'pollution', explore alchemy and practice a spiritual methodology which fosters the creation of miracles. Healing ceremony on Sunday afternoon. $125-$200 sliding scale. Call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Advanced Medicine for the Earth: Restoring Health to Self and Environment with Kate Durda and Stephanie Tighe • Nov. 4, 10 a.m.-8 p.m. in Bath, near Lansing • Based on the work of Sandy Ingerman, author of *Soul Retrieval*, in her most recent book, *Medicine for the Earth*. This is advanced work, open to those who have had intro "Medicine for the Earth". We will deepen our experience of transfiguration/transmutation, and explore healing with the elements and more. Also, evening healing ceremony. For cost, call 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Earth Spirituality: A Dominican Response with Sharon Zayac through Weber Center • Friday Oct. 20, 7:30 p.m. through Sunday, Oct. 22, 1 p.m. • During this weekend we will explore the following themes: eco-justice as the context for all justice, the role of women religious in witnessing to eco-justice, and our specific response as Dominican women to the age-old and very much alive Albighensian heresy. Please register by Sept. 29. Single occupancy- $200, Double occupancy-$125, commuter-$100. Call 517-266-4000; webercenter@adriandomincans.org.

Energy Work

Healer Development 101 with Patty Shaw and Eve Wilson • 6 classes, 7-9:30 p.m., once weekly, determined early Sept. • An introduction to intuition and spiritual healing, includes: aura reading, intuition development, guardian angels, purifying water, chakras, energetic boundaries and sacred space. $240. Call 248-545-3928; evew@spiritualhealers.com.

The Accelerated Healer Development Program with Eve Wilson • 26 classes by weekly spanning one year, beginning in October, 7-10 p.m. • Legal/International Healer Practitioner Certification. Physical, emotional, mental and spiritual healing including aura reading, DNA, soul contracts, power animals, planetary and social healing, inner child work, Qabalah and more. $2,650 in advance or $2,800 pay as you go. Call 248-545-3928; evew@spiritualhealers.com.

Energy Medicine Study Group: Jackson, MI with Julie M. Lappin • 3rd Tuesday monthly, 6:30-8:30 p.m. • Paired-off practice and discussions for all whom have attended either a Donna Eden Energy Medicine workshop, or at least one local class with Julie. $15. Call 734-730-6112; energy@julielappin.com.

Energy Medicine Part One with Julie M. Lappin • Sat. Sept. 23, 9:30 a.m.-1:30 p.m. • Curriculum follows the book energy medicine by Donna Eden. Part One reviews the 5-minute daily routine, teaches clearing/balancing and multiple ways of working with pain. $50. Call 426-7818; lorifithian@mac.com.

Energy Medicine Study Group: Chelsea, MI with Julie M. Lappin • 2nd Wed. monthly, 6:30-8:30 p.m. • Paired-off practice and discussions for all whom have attended either a Donna Eden Energy Medicine workshop, or at least one local class with Julie. $15. Call 734-730-6112; energy@julielappin.com.

Fundamentals of Chi Kung (Qigong) and the Five Element Phases with Master Wasentha Young • Sept. 11-Dec. 16; Ongoing Tuesdays, 6-7:15 p.m. • Chi Kung is a Chinese approach and practices that focus on the relationship of (chi) energy and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga and traditional Chinese medicine through learning the Wild Goose Chi Kung form. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative controlling cycles of energy patterns. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Chi-Do: Your Stress Reduction Toolbox with Master Wasentha Young • Sept. 22, 5:45-7:45 p.m. • Chi-Do (pronounced chee-doe) is a model of varying tangible chi kung (qigong) techniques as essential tools for stress reduction maintenance. Chi-Do is a combination technique designed by Wasentha Young to provide individuals, no matter what their age and lifestyle, with the necessary tools to monitor and regulate accumulative stress factors. During this introduction, Wasentha will demonstrate and explain the benefits of this model in recognizing, releasing and preventing the health risks associated with mental, physical, emotional and interactive stressors. $55. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fathering

Boot Camp for Dads at the Ellen Thompson Women's Health Center, Saint Joseph Mercy Hospital • Sept. 14, 6-9 p.m., Sept. 23, 9-12 p.m., Oct. 7, 9-12 p.m., Oct. 21, 9-12 p.m., Nov. 11, 9-12 p.m., Dec. 2, 9-12 p.m. • Designed for first time dads of all ages. You will learn practical information on parenthood, baby care becoming a family and supporting the new mom. Hand's-on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. $25. Call 734-712-5800.

Feng Shui

Feng Shui for Buying and Selling a Home with Wendy Warrick • Sept. 13, 7-9 p.m. • How can you attract qualified buyers and increase your chances of selling your home? What should you look for in buying a home with good Feng Shui? This class will address all of this as well as instruct you on how your transaction can be completed with as little hassle as possible. $30. Call 734-222-0872; thespiritofplace@sbcglobal.net.

Energize Your Career with Feng Shui with Wendy Warrick • Oct. 16, 7-9 p.m. • The use of feng shui can be a wonderful catalyst to get your career moving in the direction you'd like. And it's fun! Join me to explore how. $30. Call 734-222-0872; thespiritofplace@sbcglobal.net.

Interior Design with Feng Shui with Wendy Warrick • Nov. 8, 7-9 p.m. • Your home can be beautifully appointed and still be lacking in good feng shui. Doing both is easy. In this class we'll learn how to create a beautiful home that is also good feng shui. $30. Call 734-222-0872; thespiritofplace@sbcglobal.net.

Intuitive Feng Shui with Wendy Warrick • Dec. 4, 7-9 p.m. • Feng Shui is a blend of the intuitive and the rational. Get ready to jump off into the mystical with training to build intuitive skills specific to feng shui. Learn methods to help you sense-feel the "chi" in places and objects enabling you to add more accuracy and perception to your feng shui knowledge. $30. Call 734-222-0872; thespiritofplace@sbcglobal.net.

Film

Movie: The Conversations with God Movie Sneak Preview through Gateways Center For Life Enrichment • Oct. 21, contact for showtimes. • The long awaited feature film "Conversations with God" is here. Based on Neale Donald Walsch's worldwide best-selling book, the movie is a deep and moving story of transformation. $10. Call 734-332-4666; gatewayscenter@hotmail.com.

Friday Free Film Series at Jewel Heart • May 26, June 23, July 28, Aug. 25; 7-9:30 p.m. • Once a month, Jewel Heart hosts an evening of entertainment with a free film followed by a group discussion. Bring your friends and join us for a movie, concession stand, and lots of fun conversation about the film. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.
Sept. 29: *Upside of Anger*, directed by Mike Binder, hosted by Louis Daher
Oct. 27: *L'Arte Morir*, directed by Alvaro Fernandez Armeo, hosted by Hartmut Sagolla
Nov. 17: *The Third Man*, directed by Carol Reed, hosted by Elizabeth Hurwitz

Flower Essences

Flower Power: Using Flower Essences to Transform Your Life with Bronwen Gates • Begins in October • Learn about flower essences and how to use them for your own healing and well being, and as a practitioner for others. Learn about dowsing and kinesiology, repertories and Bronwen's Faerie Flowers Essences. Make your own unique blends to support you in specific chosen areas of your life. For dates, times and cost, call 975-8754; bronwild@aol.com.

Fundraisers & Silent Auctions

A Day of Meditation and Silence: Fundraiser for Michigan Friends Center and Deep Spring Center with Barbara Brodsky and Deep Spring Center Teachers • Sept. 16 at Michigan Friends Center in Chelsea, 9 a.m.-4:30 p.m. • This meditation day is appropriate for beginners and those with Vipassana (insight meditation) experience. Instruction in sitting and walking meditation will be provided with time for questions. Experienced practitioners may choose the quiet room some of the day and will have separate instruction. Bring a bag lunch and swimsuit. $30 with no one denied participation for financial reasons. Call Carol at 475-9312; www.deepspring.org.

Annual Zenifit Auction at the Zen Buddhist Temple • Dec. 2, 6 p.m. • In addition to the auction (always entertaining in itself!) we will have refreshments prepared by our talented dharma chefs and live entertainment. The live auction always includes surprising, intriguing, and exciting goods and services and is a good place to find that special bargain for yourself or a gift. Free. Call 734-761-6520; a2buddha@provide.net.

The Zen Buddhist Temples Famous Annual Great Green Recycling Yard Sale • Sept. 2, 9-5 p.m., Sept. 3, 12-5 p.m., Sept. 4, 9-5 p.m. • Once again, we will focus primarily on furniture-couches, love seats, chairs, desks, chests of drawers, and tables, as well as books and other household items. And because this year we have access to extra indoor storage space, the sale will be bigger than ever! Our members clean, repair all items. This exciting event always draws hundreds of environmentally-caring people and bargain hunters. While we concentrate on the sturdily useful, you never know what exciting bit of treasure you may find. Come and join the fun! Free. Call 734-761-6520; a2buddha@provide.net.

Gay and Lesbian Issues

Ongoing Support Group for Gay Male Couples with Peter Norlin and Bill Cupples • Time yet to be determined • We're interested in meeting other gay male couples who are willing to explore their inner lives, work on their own personal growth and spiritual development, and learn about and enhance the deeper dynamics of their relationships. If you and your partner might welcome an opportunity to spend time with other couples and build a community that can provide both support for your committed relationship and a challenge for personal development, call us. Free. Call 734-878-1862; pfnorlin@earthlink.net.

Grandparenting

Becoming Grandparents with Mary Stevens through Life Cycles • Oct. 18, 7-8:30 p.m. • Witnessing your child become a parent can be a profound, life changing experience. Explore shifts in family relationships, opportunities for healing old wounds, and many delights and challenges of grandparenting. $35 per person, $50 per couple. Call 734-794-9989; life_cycles@comcast.net.

Grief

Grieving As Transformation with Mary Mcdevitt of Visitation • Nov. 18, 10-3:00 p.m. • As a nation and as a church, the last few years have shocked us with destructive images. 9/11, the Tsunami, Hurricane Katrina and "Church Adrift" have shocked our souls. Together we will face these challenges to our spirit and see if contemplative greiving may lead us to illumination. $35. Call 734-242-5520; visitation@ihmsisters.org.

Healing

The Accelerated Healer Development Program with Eve Wilson • Beginning early June • With this International Healer Practitioner Certification, work with healing DNA and hereditary issues, body-emotions-mind-spirit, present and past lives, aura readings, planetary healing, ascended masters, archangels and etheric surgeons. Includes five private healings and all materials. Dates determined by participants. Classes meet one weeknight every other week, 7-10 p.m., for one year. $2,650 in advance or $2,800 pay as you go. Call 248-545-3928; evew@spiritualhealers.com.

Spirituality of Healing with James Finley through Weber Center • Sept. 29, 7:30 p.m. through Oct. 1, 1:00 p.m. • This retreat is intended for all who are engaged in the healing process, for individuals actively engaged in their own healing process, as well for those who assist others in this process. Throughout this weekend, Dr. Finley will explore the spiritual dimensions of healing, examining themes such as understanding trauma and the role of spirituality in the healing process, and developing a contemplative understanding of healing and what it means to be a wounded healer. There will be time for silence, group meditation, personal reflection and discussion of the themes presented. Please register by Sept. 8, single occupancy- $250, double occupancy-$175, commuter-$125. Call 517-266-4000; webercenter@adriandominicans.org.

The Crazy Wisdom Calendar

Herbs, Plants & the Garden

Herbs in Ritual Ceremony, and Their Magical Use with Linda Diane Feldt sponsored by People's Food Co-op • Dec. 28, 7-8:30 p.m. at Crazy Wisdom's Community Room • Some history mixed with practical ideas on how you can use herbs you grow, and current practices encompassing a number of faiths and beliefs. Free. Call 994-4589; education@peoplesfood.coop.

Menopause and Woman's Cycles with Linda Diane Feldt sponsored by People's Food Co-op • Oct. 26, 7-8:30 p.m. at Crazy Wisdom's Community Room • There are hundreds of herbs that can affect women's cycles. Only one or two are commonly promoted. Expand your awareness of what can be used when and why for symptom relief, long term nourishment, prevention of menopausal problems, and wellness. Free. Call 994-4589; education@peoplesfood.coop.

Nourishing and Medicinal Herbs: The Basics Every Herbal Consumer Should Know with Linda Diane Feldt sponsored by People's Food Co-op • Sept. 28, 7-8:30 p.m. at Crazy Wisdom's Community Room • How and when to use herbs, in what form, for how long and what are the possible benefits, dangers? When an herb is harvested, how it is processed, and what part to use are important beginnings for any herbal consumer. The traditional use of herbs includes nourishment of systems of the body, not as a drug substitute. Free. Call 994-4589; education@peoplesfood.coop.

Fairies and Flowers: Herb and Nature Study for Children - A Celebration of the Harvest with V. Brighid Snowdon • Sept. 23, Oct. 23 and Dec. 30; 9-Noon or 1-4 p.m. • Children (and their parents) will learn about the lore and usefulness of plants, and their celebration throughout the seasons. In September, we will celebrate the equinox and see how nature is preparing for the winter. In October, we will play with pumpkins and other fruits of the season. In December, we will look at the beauty of weeds in winter. Every month, we will walk in the woods, read stories, have snacks appropriate to the season, learn basic plant identification and generally have fun in and with nature! Please dress for the weather! $25 per class or $60 for three classes in advance. Multiple children discount. Call 905-4206; designwitch@earthlink.net.

Wild Roots and Fall Foliage: Michigan's Medicinal Plants with Jim McDonald through Upland Hills Ecological Awareness Center • Sept. 17, 11 a.m.-6 p.m. • Herbalist Jim McDonald will be leading participants around the fields and woods surrounding EAC to explore the medicinal virtues, identification, folklore and preparation of many of the common 'weeds' we pass by every day. Participants will receive detailed handouts covering the preparation of herbal remedies, ethical harvesting, recommendations for further study and new information on plants not covered in previous workshops. Some of the plants to be covered include Solomon's Seal, New England Aster, Burdock, Avens and Wild Yam. $40 in advance or $45 at the door. Call 248-693-1021; www.uheac.org.

Herbwyfe Program: A Plant Medicine Apprenticeship Program with Bronwen Gates • Monthly meeting time, plus self study and elective classes • An herbwyfe loves plants and is intimate with them. He or she is developing and claiming a certain partnership-mastery with plants and the domain of nature, based on wisdom and compassion, and is committed to an ongoing journey to increase this mastery and share it with others. Enroll in any month. $50 per month. Call 975-8754; bronwild@aol.com.

Holistic Botany: The Complexity and Mystery of Plants with Bronwen Gates • Begins in October • Learn about plants from the inside out and the outside in, their structure and form, their classification and relationship to others of their kind and to the communities in which they live. Part of the Herbwyfe Program. For dates, times and cost, call 975-8754; bronwild@aol.com.

History

Quakers and the Underground Railroad: Then and Now with Dwight Wilson • Oct. 1, 2:30-5 p.m. • An afternoon of fascinating history for high school age and adults. Dwight will share his knowledge of the Underground Railroad and its connection to multicultural issues today, from his perspective as an African American, a Quaker and his family's historical involvement in the Underground Railroad. $5 per person or $15 per family. Call Pat Micks at 709-8748; www.michiganfriendscenter.org.

Holistic Health

Untold Truths Seminar with Jay VandenHuevel • Sept. 23, 9 a.m.-4 p.m. • The topics covered are Running on Empty: Nutritional Deficiencies and the Standard American Diet, Type II Diabetes Epidemic, You Don't Have to Die of Heart Disease, Estrogen Dominance, Total Body Cleansing and the ABCs of Children's Health. Each participant will receive a booklet and cd for each of these presentations as well as a cd with the entire power point presentation. $20. Call Cindy Klement at 975-2444; www.cindyklement.com.

Your Health Education Continues! with Cindy Klement • 7 p.m. • Each class consists of a power point presentation with a copy of the slides, a video presentation and a question/answer period. $10 per person. Call 975-2444; www.cindyklement.com.
Sept. 19 • Liver Detoxification
Oct. 17 • Parasites
Nov. 21 • Antioxidants and Aging
Dec. 19 • Tonic Herbal Remedies for Health

Health is an Inside Job with Lisa Johnson of BODY-MIND-SPIRIT • Oct. 13, 7 p.m. • Health and illness are our teachers. "The mental cause for physical illness and the metaphysical way to overcome them," writes Louise Hay. As simple or complex as an onion, come peel away the layers of health from inside out and leave with thought-provoking insights offered by the facilitator and other participants to live a fuller and richer life. $20. Call Keith at 734-945-8602; staff@bmswc.com.

Brenda Morgan, Ph.D., Spiritual Teacher and Catalyst

Brenda Morgan has been a leading spiritual catalyst and mentor in the Ann Arbor area for the past ten years. She was blessed with a spiritual transformation that began in 1989, and since that time her spiritual state has deepened. Currently, she has a significant following of serious and dedicated students in this region. She and some of her senior students lead ongoing meditation nights, weekend workshops, and retreats in the Ann Arbor area, and elsewhere around the country.

Brenda Morgan will be the guest speaker at the Crazy Wisdom Salon on Thursday, October 26th. This will be her first ever public talk at Crazy Wisdom, and she has been asked to speak about her own life journey, and her spiritual evolution. This is an exceptional opportunity to see and hear Brenda Morgan in a public setting. She will be interacting with the audience, and answering questions.

Ear Coning with Carolyn • Nov. 15 • Ear candles are used to aid in the cleaning of the ear of excess wax. $20, plus the cost of ear cones. For times, call Lite the Way at 734-854-1514.

Sugar Blues: Beating It Without Willpower and Deprivation with Seth Braun of Creative Spirit Center • Sept. 6, 7-8 p.m. • Excess sugar consumption contributes to fatigue, lower immune response, diabetes and heart disease. Learn ways to reduce your intake with a free follow-up session to discuss your individual health goals. $20. Call Suzanne or Linda at 989-837-1885; creativity@creativespiritcenter.org.

Diabetes: Management, Prevention and Reversal with Integrative Nutrition with Seth Braun of Creative Spirit Center • Sept. 7, 7-8:30 p.m. • Learn five steps to supercharging your diet and lifestyle to minimize the affects of Type I and II diabetes. Learn about glyconutrition, flavanoids, anti-oxidants, polyphenols and phytonutrition. $20. Call Suzanne or Linda at 989-837-1885; creativity@creativespiritcenter.org.

Holistic Energy Care Course and Retreat through Self Realization Meditation Healing Centre • Oct. 7-8 • This is a course for health care professionals, complementary practitioners, carers, teachers, voluntary workers, and all who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their personal lives. Many people-workers use inner resources that are often not part of their job description. While the use of the hidden essence of care or energy, can lead to inspired work, its ungoverned use can also lead to burn out in the long run. Practical ways of being in charge of our own energy will be taught, to be used at work or home, as well as explaining the scientific reasoning behind these methods. $185 includes lunches. $229 includes lodging and full board, plus tax. Call 517-641-6201; SRMHCMichigan@CS.com.

The ABC's of Asthma through Saint Joseph Mercy, Livingston Hospital • Sept. 19, 6:30-8 p.m. • This program is for parents and caregivers of children ages 3-7. The program will cover a basic overview of asthma, warning signs of an emergency, common triggers, how to maintain an active lifestyle, and current medications. This program is a two-session program. Children should attend the second session with their parents! Scheduled Feb. 8, 6-8 p.m. $30. Call 734-712-3625 or 800-803-7174.

Asthma 101: Effective Strategies to Manage Your Child's Asthma through Saint Joseph Mercy Hospital, Ann Arbor • Oct. 21, 1-3 p.m. • This program is for students ages 8-13 and their parents. This interactive program is offered by the staff of the Comprehensive Asthma Program and will cover an overview of asthma, warning signs of an emergency, common triggers, medical questions and maintaining an active lifestyle. Each child will receive a free space and peak flow meter at this session! $30 per family. Call 734-712-3625 or 800-803-7174.

CAM 305: Hormone Replacement with Malcolm Sickels • Oct. 19-26, 7 p.m. in Ann Arbor • Herbs, meds, bioidentical hormones or conventional hormones? We will explore the different approaches to improving the symptoms of menopause and andropause. Free. Call 332-9936; HTTP://drsickels.com.

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.
- Theodore Isaac Rubin

CAM 212: Mood with Malcolm Sickels • Nov. 2, 9, 7 p.m. in Ann Arbor • Mood is getting more respect as something to pay attention to and treat. We will discuss ways to address depression, anxiety, bipolar disorder, OCD and other variations. Medications, as well as supplements and other alternatives will be discussed. Free. Call 734-975-4500; drsickels.com.

CAM 120: Choosing the Right Supplements for You with Malcolm Sickels • Dec. 7, 14, 7 p.m. • Supplements are not regulated by the government, so how do you find supplements that are good for you? There are conflicting news reports about whether supplements are good or bad, so where does the truth lie? We will explore the research and how to find quality supplements. Free. Call 332-9936; HTTP://drsickels.com.

CAM 370: Cancer Choices with Malcolm Sickels • Sept. 14, 21, 28, 7 p.m. • Cancer is a much-feared disease with a variety of treatments that offer hope, but often at a severe price. Conventional treatments range from no help to complete recovery with side effects from mild to severe, while alternative treatments make a good deal of amazing claims. Either side tends to be skeptical of the benefit of the other. We will discuss the choices for treating cancer and the theoretical basis and evidence for some of the different treatments. Free. Call 332-9936; drsickels.com.

Hypnosis

Hypnosis Certification Course with Kim and Jon Zapf through Light the Way • Sept. 30, 9-5 p.m., Oct. 1, 9- 5 p.m., Oct. 7, 9-4 p.m., Oct. 8, 9-4 p.m., Oct. 10, 7-9 p.m. • This course will train you to be a clinical hypnotherapist. You will be able to conduct private and group hypnotherapy sessions. The Awareness Institute of Hypnotherapy is licensed through the Michigan Proprietary School Division/ CEUS can be earned by health practitioners. $775. Call 734- 854-1514; read44uu@aol.com.

Hypnosis Certification Course with Kim and Jon Zapf • Nov. 4, 5, 9-5 p.m., Nov. 11, 12, 9-4 p.m., Nov. 14, 21, 6-9 p.m. • This course will train you to be a clinical hypnotherapist. You will be able to conduct private and group hypnotherapy sessions. The Awareness Institute of Hypnotherapy is licensed through the Michigan Proprietary School Division/ CEUS can be earned by health practitioners. $775. $75. Optional NATH certification. Call 734- 854-1514; read44uu@aol.com.

Soul Bonds with Kimmie and Steve through Lite the Way • Nov. 8, 7-9 p.m. • This seminar will take you on a spiritual journey using hypnotherapy to recognize the special connection that you have with each and every individual in your life. $50. Call 734-854-1514; read44uu@aol.com.

Weight Loss Hypnosis with Jon Zapf • Sept. 30, 1-2:30 p.m., Nov. 11, 11-12:30 p.m., Nov. 28, 7-8:30 p.m., Dec. 9, 11:30-1 p.m. • Lose weight through hypnosis with a guarantee. Jon Zapf owner of state licensed school AIH will guide you to lose weight. Includes $40 tape. $40. Free follow up visit. Call 734-854-1514; read44uu@aol.com.

Stop Smoking Hypnosis with Jon Zapf through Lite the Way• Sept. 12, 7:30-9 p.m., Nov. 11, 12:30-2 p.m., Dec. 12, 7-8:30 p.m. • Stop smoking with hypnosis. Including a guarantee to return for one free seminar within one year. $40, with tape. Call 734-854-1514; read44uu@aol.com.

Fertility Hypnosis with Kim Zapf through Lite the Way • Sept. 19, 6:30-8:30 p.m. • This seminar will you get pregnant using your mind. We will take you on a journey using hypnosis to get your body back to its normal vibration. $50. Call 734-854-1514; Read44uu@aol.com.

Hypnosis for the Health of It with Eileen Bond • Oct. 1, 3-5 p.m. • Hypnosis is a deep state of relaxation that facilitates a pathway to the deeper self and the unconscious mind that can aid health and healing. This introductory workshop will provide you with an understanding of what is and is not, how it is used clinically to promote health and well-being, and an actual experience of trance. $25. Call 734-330-7595; EFEBond@yahoo.com.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $90 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Intuitive Awareness & Psychic Development

Learning How to use a Pendulum (For Beginners) with Anne Duffy through The Connecting Bridge • Nov. TBA, Please contact Crazy Wisdom Bookstore • Come learn how to use a pendulum, attune to your source of wisdom, and be with people of like-mind. Solve daily problems using your own intuition. Free. Call 734-765-5830; www.connectingbridge@yahoo.com.

Foundations in Psychic Development 1: Boundaries and Flow with Violeta Viviano • Oct. 7, 9-6 p.m., Oct. 8, 9-3 p.m. • Learning how to be aware of and how to transform our aura transforms love and life experiences. In this seminar, every exercise furthers the development of at least one of the two basic abilities: finding one's own psychic energy (one's own authentic impulses); and clearing blocks to progress. Students learn how to ground and run energy, how to clear blocks, how to find, clear, and repair the chakras, and how to explore deeply the entire volume and frequency range of the aura. $190. $175 with early reg. Call 998-0340.

Foundations in Psychic Development 2: Space, Seniority, Neutrality, and Spiritual Fuel with John Friedlander • Saturdays 9-6 p.m., Sundays 9-3 p.m. • In this two day workshop, we will develop a deep experiential understanding of how we use our own aura space to create our reality. We begin with psychic explorations that familiarize us with our space, and how we subdivide it through resistance to others. We can then learn to create our aura space through awareness rather then resistance. In the resulting neutrality, we become able to create our reality less and less through resistance to another, and more from our own spiritual fuel. $190. $175 with early reg. Call 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development 3: Seeing Auras- Ann Arbor with John Friedlander • Sept. 9-10, 9-6 p.m., 9-3 p.m. • In this two day seminar we will explore the psychic anatomy of clairvoyance (seeing auras); how to activate and empower this perception; and several ways to use this ability in making decisions, in healing oneself and other, and in deepening one's understanding of oneself and others. We will then move to actually doing comprehensive, systematic psychic readings in partnership with fellow students. Participants usually find they can easily increase their ability to perceive genuinely useful aura energies in just one weekend, and that they are well started on the adventure of a lifetime. $190. $175 with early reg. Call 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development 4: Channeling with John Friedlander • Saturdays 9-6 p.m., Sundays 9-3 p.m. • $190 or $175 with early reg. Call 998-0340; rose_m_48105@yahoo.com.

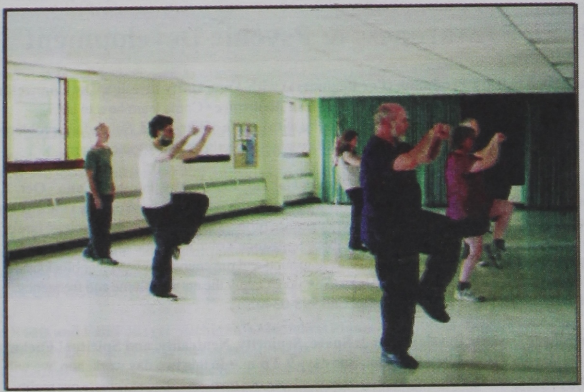
Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • First and third Saturdays of each month, 10:30 a.m.-1:30 p.m. • $1 per minute. No appointment necessary. Call 417-8317; mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • Sundays, 2-5 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot and Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary, although a sign-up sheet is available. Call Marcella at 734-717-8513.

In-Genius: Accessing and Applying Intuition with Diane Evans • Sept. 18, Oct. 17; 7:30-9 p.m. at Crazy Wisdom Community Room • This presentation and demonstration will explain how intuition training, psychic development, self healing, and personal growth are all integrally connected. Experience how our natural abilities can be accessed and applied in safe, fun, and beneficial ways so that we can change and enhance our personal and professional lives. Admission is free, but registration is required within 24 hours of class. Call 327-9568; in-genius@comcast.net.

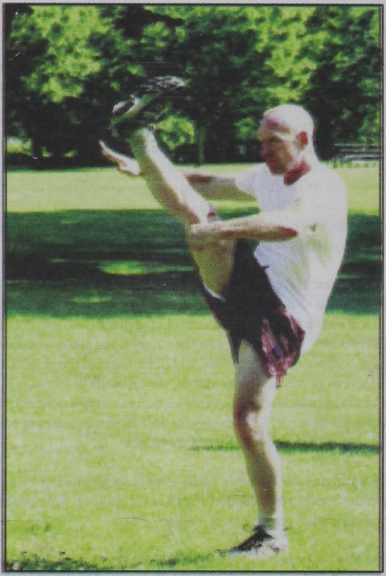
Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Oct. 21, 22, 10-5 p.m. each day • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $189 with early payment and multiple discounts offered. Call 663-9724; intuitivehealth@aol.com.



Photos of Richard Miller, Tai Chi and Bagua Teacher, and his students.

Photography by Linda Lawson

(Dennis Chernin's Interview with Richard Miller starts on Page 40)



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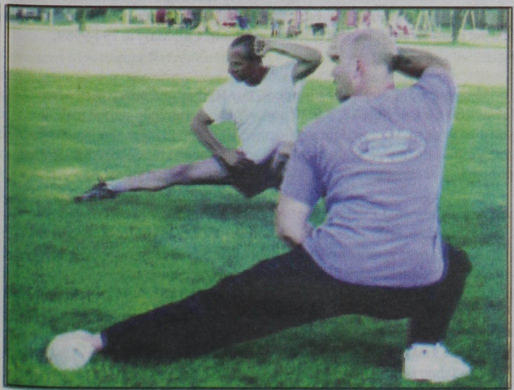
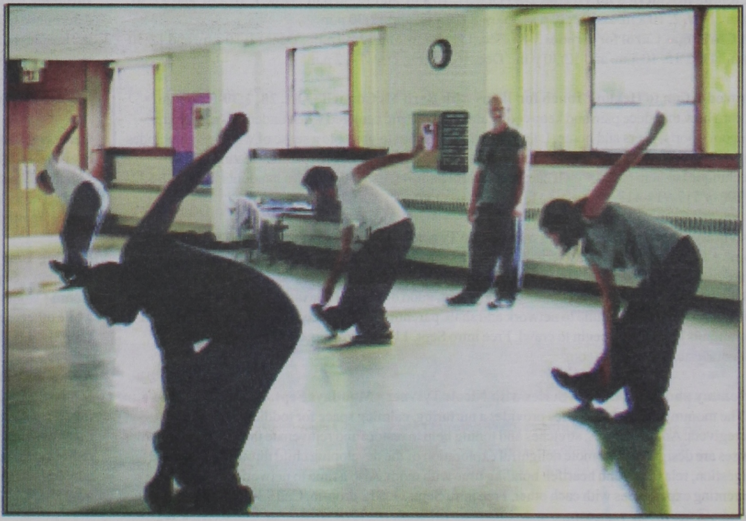




The Crazy Wisdom Calendar

Intuitive Awareness & Psychic Development (continued)

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • TBA 10-5 p.m. each day • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • TBA 10-5 p.m. each day • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Jain Teachings

Karma Class with Ashabeu Shetu of Lighthouse Center • Mondays, Oct. 9-30, 7:30-8:30 p.m. • Ashabeu has been a student of Jain Master guide Shree Chitrabhanuji since her youth. She will share the Jain teachings of karma. $30. Call 734-449-4381; thielp17@yahoo.com.

Kids & Young Adults

West African Dance: Ages 7-12 with Dori Edwards through Tree of Life Studio in Chelsea • Mondays, 5 p.m. • Come experience a fun culture from far away. We will learn dances, songs and traditional folklore from West Africa in this exciting dance class. $60 for six weeks or $12 drop-in. Call 433-0697; www.treeoflifestudio.org. **To learn more about Tree of Life Studio, read about them in the Around Town column in this issue of *The Crazy Wisdom Community Journal.***

Hand Drumming: Ages 7-12 with Sundance through Tree of Life Studio in Chelsea • Mondays, 4 p.m. • Come have fun while learning to play simple rhythms that make you feel good! You can go wild and still be in control while exploring techniques of hand drumming and learning to play together as a team. $60 for six weeks or $12 drop-in. Call 433-0697; www.treeoflifestudio.org. **To learn more about Tree of Life Studio, read about them in the Around Town column in this issue of *The Crazy Wisdom Community Journal.***

Fairies and Flowers: Herb and Nature Study for Children - A Celebration of the Harvest with V. Brighid Snowdon • Sept. 23, Oct. 23 and Dec. 30; 9-Noon or 1-4 p.m. • Children (and their parents) will learn about the lore and usefulness of plants, and their celebration throughout the seasons. In September, we will celebrate the equinox and see how nature is preparing for the winter. In October, we will play with pumpkins and other fruits of the season. In December, we will look at the beauty of weeds in winter. Every month, we will walk in the woods, read stories, have snacks appropriate to the season, learn basic plant identification and generally have fun in and with nature! Please dress for the weather! $25 per class or $60 for three classes in advance. Multiple children discount. Call 905-4206; designwitch@earthlink.net.

Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local storytellers come to tell wonderful stories for children, with an animal visit once per month. No cost. For information on presenters, call 662-0600.

Quakers and the Underground Railroad: Then and Now with Dwight Wilson • Oct. 1, 2:30-5 p.m. • An afternoon of fascinating history for high school age and adults. Dwight will share his knowledge of the Underground Railroad and its connection to multicultural issues today, from his perspective as an African American, a Quaker and his family's historical involvement in the Underground Railroad. $5 per person or $15 per family. Call Pat Micks at 709-8748; www.michiganfriendscenter.org.

2006 Season at the Wild Swan Theater • $8 child, $10 adult. Call Michelle at 995-0530; www.wildswantheater.org/season.
Frog and Toad for Pre-K-2 • Oct. 19, 10:30 a.m.; Oct. 20, 10:30 a.m. and 1 p.m.; Oct. 21, 11 a.m.
Coming to America for Grades 2-8 • Oct. 31, 10 a.m. and 12:30 p.m.; Nov. 1, 10 a.m. and 12:30 p.m.; Nov. 2, 10 a.m. and 12:30 p.m.; Nov. 3, 10 a.m. and 12:30 p.m.
A Christmas Carol for Grades 3-8 • Dec. 13, 10 a.m. and 12:30 p.m.; Dec. 14, 10 a.m. and 12:30 p.m.; Dec. 15, 10 a.m. and 12:30 p.m.; Dec. 16, 2 p.m.; Dec. 17, 2 p.m.

Introduction to Healing Touch for Teens with Barb McConnell • Oct. 28, 2:30-5:30 p.m. • Learn how to reduce pain and keep cool, calm, relaxed and centered when under pressure from school, sports, peers and home. Learn simple techniques to promote a sense of well being. Includes meditation and visualization. Primarily hands-on experience covering specific Healing Touch techniques to help promote self care and control pain. 4 CEs. $40 includes handouts. Call 517-522-4790 or 517-914-4133.

Mommy and Baby Yoga Series with Nicole Tysvaer • Mondays Sept. 11-Dec. 18, 11 a.m.-12 p.m. • The mommy and baby series provides a nurturing, calming space for babies and their caregivers. Adult postures, stretches and toning help to restore and rejuvenate the postnatal body. Baby poses are designed to promote development, good digestion, relaxation and heartfelt bonding time with mom. Also a time to network and share parenting experiences with each other. This class is for infants before they begin to crawl. Free intro Sept. 11. $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Mommy and Toddler Yoga Series with Nicole Tysvaer • Mondays Sept. 11-Dec. 18, 10-11 a.m. • The mommy and toddler series provides a nurturing, calming space for toddlers and their caregivers. Adult postures, stretches and toning help to restore and rejuvenate the caregiver. Toddler poses are designed to promote delightful exploration of the developing child through yoga, good digestion, relaxation and heartfelt bonding time with mom. Also a time to network and share parenting experiences with each other. Free intro Sept. 11. $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Yoga for Preschoolers with Sondra O'Donnell • Tuesdays Sept. 12-Oct. 31 and Nov. 7-Dec. 19, 11-11:45 a.m. • Positive and playful, this yoga uses age-appropriate songs, stories and games to explore conscious breath, yoga postures and cooperation with others. Yoga helps children become self-confident and aware, stronger and more flexible. $72 or $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Yoga for Children Grades K-5 with Sondra O'Donnell • Mondays Sept. 11-Oct. 30 and Nov. 8-Dec. 20, 5:15-6 p.m. • Positive and playful, Yoga for Youth uses age-appropriate songs, stories and games to explore conscious breath, yoga postures and cooperation with others. Yoga helps children become self-confident and aware, stronger and more flexible. $108 or $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

The ABC's of Asthma through Saint Joseph Mercy, Livingston Hospital • Sept. 19, 6:30-8 p.m. • This program is for parents and caregivers of children ages 3-7. The program will cover a basic overview of asthma, warning signs of an emergency, common triggers, how to maintain an active lifestyle, and current medications. This program is a two-session program. Children should attend the second session with their parents! Scheduled Feb. 8, 6-8 p.m. $30. Call 734-712-3625 or 800-803-7174.

Asthma 101: Effective Strategies to Manage Your Child's Asthma through Saint Joseph Mercy Hospital, Ann Arbor • Oct. 21, 1-3 p.m. • This program is for students ages 8-13 and their parents. This interactive program is offered by the staff of the Comprehensive Asthma Program and will cover an overview of asthma, warning signs of an emergency, common triggers, medical questions and maintaining an active lifestyle. Each child will receive a free space and peak flow meter at this session! $30 per family. Call 734-712-3625 or 800-803-7174.

Children's Yoga: Grades K-5 with Ema Stefanova • Starting Sept. 18, 5:15-6:15 p.m. • This is a yoga and meditation class to develop coordination, concentration and focused awareness through traditional yoga and meditative training for children of this age. Call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

The Labyrinth

Labyrinth Walk through Visitation • First Fridays of each month, 9-5 • The labyrinth, representing the spiritual journey, is found in many religious traditions. In walking the labyrinth, one literally and mindfully travels a winding path which unfailingly leads to the center place and then back outward. Feel free to come at any time during your day to take as long as you wish. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Love & Relationships

Couplehood as a Spiritual Path with Jesse Johnson, and Melva Thomas Johnson through Renaissance Unity • Sept. 18, Oct. 9, 7-9 p.m. • Learn skills that will radically transform your relationship into a conscious couplehood. Use these skills to dissolve long standing conflicts, heal childhood wounds, deepen intimacy, and support your own spiritual unfoldment. Childcare available. Free. Call 586-353-2300; info@renaissanceunity.org.

Creating a Toolbox For Marriage: Keeping the Conversation Going with Mary Stevens and Diane McCarthy • Sept. 13, Oct. 25, 7-8:30 p.m. • Learn the skills to communicate, listen, problem solve-even argue- so the excitement of those long conversations that brought you together continues to enliven your relationship in the day to day business of living. $50. Call 734-794-9989; life_cycles@comcast.net.

Creating a Toolbox For Marriage: Negotiating New Boundaries with Mary Stevens and Diane McCarthy • Sept. 20, Nov. 1, 7-8:30 p.m. • We will discuss creating 'coupledom' from two singletons, setting a healthy boundary around your marriage, defining relationships with parents and in-laws, and more. All new challenges of the early phase of marriage. Learn how to manage these shifts with thoughtful consciousness. $50 per couple; multiple class discount available. Call Mary at 794-9989; life_cycles@comcast.net.

Creating a Toolbox For Marriage: Maintaining the Passion – Emotional and Sexual Intimacy with Mary Stevens and Diane McCarthy • Sept. 27, Nov. 8, 7-8:30 p.m. • You are determined to keep the romantic excitement of your engagement alive in your marriage. Too often, the business of everyday life – work, bills, family, children – slowly erode that vow. Learn how to keep your marriage the priority even in the face of these challenges, and to deepen your emotional and sexual closeness. $50 per couple; multiple class discount available. Call Mary at 794-9989; life_cycles@comcast.net.

Creating a Toolbox For Marriage: Joining Your Finances, For Richer or Poorer with Mary Stevens and Diane McCarthy • Oct. 4, Nov. 15, 7-8:30 p.m. • You have already started making financial decisions as you plan your wedding and future together. Understand more about both of your relationships to money and learn how to begin building a solid financial future together. $50 per couple; multiple class discount available. Call Mary at 794-9989; life_cycles@comcast.net.

Healing Your Relationships: Integrated Energy Anatomy of Relationships with Christi Bemister • Sept. 24, Oct. 29, Nov. 26, Dec. 17, 2-4:30 p.m. at the Crazy Wisdom Community Room • Come learn about the energy anatomy of your relationships and why some are effortless while others seem to take more work. Included, will be a channeled sacred relationship healing. $20. Call 734-476-3239; bemister@comcast.net.

A New Way to Love, A Weekend Workshop for Couples with Carole Kirby • Three workshops offered: Sept. 15-17 for lesbian and gay couples, Sept. 29-Oct. 1 for all couples, Nov. 10-12, for Grand Rapids. • This workshop is for you if you have relationship concerns, if you've been together five months, or twenty-three years, doing O.K., or desperately need help. Spend a weekend rediscovering each other and learning a better way to relate. You can create a closer, stronger coupleship! $600. Call 734-424-2797; carole777@aol.com.

Creating a Conscious Relationship, Intro to Imago Relationship Therapy with Carole Kirby • Oct. 22, 2-4:30 p.m. at the Crazy Wisdom Community Room • The Imago approach teaches people a new way to share and listen to each other's thoughts and feelings by offering a way to: discover what's beneath your longstanding issues and what you can do differently, enhance your anility to communicate well with significant others, begin to untangle the power struggle that inhibits gratifying connection. This intro. workshop can help deepen a good relationship, untangle a struggling one, or for singles, prepare for a new relationship. Carole will demonstrate an approach to talking and listening that helps couples really hear and understand each other. Free. Call 734-424-2797; carole777@aol.com.

Massage

Basic Massage Technique Workshop with Kathryn Hannan through TheraCare Therapeutic Massage and Healing Arts Center • Sept. 16, Oct. 14, 12-4 p.m. • This basic massage workshop is designed for those who are interested in learning basic massage techniques and how to apply them to themselves as well as friends and family. The benefits of massage will be explored. Applications of basic massage strokes will be demonstrated and practiced. The participants will be able to give relaxing massage to friends and family. This class is not designed to prepare the attendee to become a massage therapist, as additional education would be required. Class size is limited. $50 per person. $90 for you and a friend. Call 734-332-3800; Kathryn@TheracareMassageTherapy.com.

Massage Workshop with Sissel Bridges • Every Tuesday evening, Appt. only • Massage is relaxing and energizing at the same time. Learn how to give and receive a good massage with basic techniques, equipment, etc. $35 per person, $50 for couples. Call 739-340-3766; NorwegianMassage@aol.com.

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.

Meditation

Silent Meditation at Body-Mind-Spirit • Fridays, 7-8 p.m. • All welcome to utilize this session for silent prayer and meditation. Free. Call 734-945-8602; masabe@bmswc.com.

> If you stop to be kind you must swerve often from your path.
> - Mary Webb

Seni: Meditations in Motion with Mas Abe at Body-Mind-Spirit • Wednesdays, 5:45-7 p.m. • Indo-Malay movement and healing arts: sessions develop one's sensitivity and awareness through mind-body wellness training and breath consciousness. Training promotes focus, clarity and overall well-being. Free intro! Drop in- $15. $13 Registered. Call 734-945-8602; masabe@bmswc.com.

Meditations in Motion with Mas Abe at Body-Mind-Spirit • Nov. 15, 5:45 p.m. • Meditations in Motion, explore meditation, movement and healing through body-conscious motions that develop the whole body-mind-spirit complex. Sessions utilize ambient soundscapes and exotic rhythms to provide a background for movements. Free. Call 734-945-8602; masabe@bmswc.com.

Meditations in Motion with Mas Abe at Body-Mind-Spirit • Sept. 27, 5:45 p.m. • Silat Tuo training explores the spiritual, martial and healing arts of Sumatra, Indonesia. Silat training develops the individual to "see more perceptively", "hear more clearly", and simply to "be at peace". Free. Call 734-945-8602; staff@bmswc.com.

Meditation Foundation Class through Self Realization Healing Centre • Sept. 20, Oct. 10, Nov. 16, Dec. 5, at 7 p.m. • This simple practice can help conquer stress and emotional reactions, improve concentration, balance blood pressure, reduce the risk of headaches, relieve pain and tension, and promote peace, serenity and health. It takes only an hour to learn and a few minutes to practice each day. $20. Call 517-641-6201; SRMHCMichigan@CS.com.

Advanced Meditation Retreat with John Friedlander • Oct. 24-30 • Twice a year, John teaches advanced seminars. The seven day fall seminar explores one chakra a day. Much if not all of the seminar will be channeled. In this seminar advanced meditators not only learn to sustain their attention on chakra keys to unlock psychic abilities, we undertake advanced explorations such as using one's clairvoyance to activate and run one's kundalini. Consequently, large, long term transformations are facilitated. This advanced seminar is designed for students who have taken at least one of the Freidlander psychic development workshops, or equivalent, and who are comfortable with a level of ambiguity over the course of the weekend. Details Call 734-998-0340; rose_m_48105@yahoo.com.

Introduction to Meditation with Kapila Castoldi • Mondays and Wednesdays, 7:30-9 p.m. • This class explores various techniques for entering the meditative state, including exercises in concentration, breathing, chanting and visualization. The class will also touch on basic concepts of Indian philosophy and the role of the spiritual teacher. Free. Call 994-7114.

10-Day Vipassana Meditation Course as taught by S.N. Goenka with Michigan Vipassana Association • Dec. 27-Jan. 7 • Vipassana means "seeing things as they really are." It is a practical method of self-awareness that makes it possible to face the tensions and problems of daily life in a calm, balanced way. A 10-day residential course of instruction is an opportunity to learn this technique and experience the benefits of a period of intensive meditation. No charge, not even for the cost of food and accommodation. Course expenses are supported entirely by voluntary donations. Call Purnima Mehta at 248-952-6815; info@mi.us.dhamma.org.

Introduction to Vipassana Meditation: A Half-Day Workshop with Mary Grannan and Peg Tappe of Deep Spring Center • Nov. 11, 9 a.m.-Noon • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what Vipassana is all about and experience the practice firsthand. The workshop is also recommended for meditators who would like a refresher in practice fundamentals. Wear comfortable clothes. Meditation cushions and chairs provided. $20 suggested donation. Call DSC at 477-5848 or Mary at 453-8915; info@deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Every Sunday, 10-11:30 a.m. • Sunday morning sitting (insight meditation) for one hour, followed by a half-hour of mindful sharing. No registration needed. Donations gratefully accepted. Call DSC at 477-5848; info@deepspring.org.

Thursday Continuing Meditation Class with David Lawson, Dianne Austin and Carol Blotter of Deep Spring Center • Sept. 7, 21, Oct. 5, 19, Nov. 2, 16, Dec. 7; 7:15-9:15 p.m. • This class will explore stress and suffering - their causes in our lives and the cessation of these - and the path that leads to the end of stress and suffering (The Four Noble Truths). Text will be the Dawn of the Dhamma by Ajahn Sucitto, which we will make available to students. Regular personal interviews with the teachers will be offered. Prerequisites required. $70-$140 suggested donation. Call DSC at 477-5848, David at 662-8317 or Dianne at 665-4298; info@deepspring.org.

Opening into the Heart of Wisdom with Dorothy Ann Coyne and Dan Muir of Deep Spring Center • Thursdays, Sept. 14, 28, Oct. 12, 26, Nov. 9, 30, Dec. 14, 7-8:30 p.m. • The practice of examining the reality in front of us using Vipassana meditation and complementary techniques leads reliably to benefits that include a gentle, kind heart, inner peace, and insight into who and what we truly are. As the mind and heart awaken together, we become increasingly free and happy, even in troubled times. This on-going course builds on the basic meditation instructions and may be entered at any time. $70-$140 suggested donation per session. Call DSC at 477-5848; www.deepspring.org.

Sunday Afternoon Continuing Meditation Class with Susan Weir of Deep Spring Center • Sundays, Sept. 10, 24, Oct. 1, 15, 22, 1-2:30 p.m. • This is the first semester of an integrated continuing Vipassana meditation curriculum. The class will begin by focusing on the relationship between our everyday lives and our meditation practices. We will also look at working with the mind so it can focus and develop the stability to rest in the present moment. $50-$100 suggested donation. Call DSC at 477-5848, or Susan at 663-1675; info@deepspring.org.

Vipassana and LovingKindness Meditation with Ann Barden, Jim Whiteside and Erica Dutton of Deep Spring Center • Wednesdays, Sept. 20, Oct. 25, 7:30-9 p.m. • Insight Meditation, or traditionally, Vipassana Meditation, is a simple, direct practice of moment-to-moment investigation of mind-body processes through calm, focused attention. The quality of that attention is lovingkindness. In this practice, we cultivate our ability to be present in each moment, to be aware of and comfortable with our thoughts, emotions, and physical sensations, and to find the skill to act with wisdom and compassion. $59 or $69 outside the Ann Arbor school district. Call DSC at 477-5848 or Jim at 995-0639; info@deepspring.org.

Days of Meditation and Silence with Carol Blotter of Deep Spring Center • Sept. 17, Dec. 3, 9-4:30 p.m. • One day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instructions (vipassana or insight meditation), sitting and walking meditation, dharma talk, and if requested, private interviews with a teacher. Please bring your own lunch. (There is a refrigerator.) $30 per day. Call DSC at 477-5848 or Carol at 475-9312; info@deepspring.org.

Learn to Meditate with Nirmala Nancy Hanke through Lighthouse Center • Last Friday of each month: Sept. 29, Oct. 27, Nov. 24; 7-9:30 p.m. • An introduction to mantra meditation in the Jain tradition. One hour presentation and discussion, followed by meditation and empowerment. $35 or $10 to repeat. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Intensive Meditation through Lighthouse Center • First and third Fridays of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Meditation and Stress Release with Ema Stefanova • dates and times vary • Meditation Implies relaxation, both physical and mental, at the level, which few of us experience even during sleep. This class is designed for beginners and continuing yoga nidra and meditation students who want to learn and establish a simple yet powerful deep relaxation and meditation practice. During yoga nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. It can be experienced on the floor or in a chair. Combine this class with gentle yoga class to experience total relaxation. Call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Nidra: Psychic Sleep and Relaxation with Swami Brahmavidyananda of the Institute of Holistic Yoga • Sept. 7, 8, 6-8 p.m. • Yoga Nidra, the science of psychic sleep and relaxation is a powerful, ancient yoga technique to relieve stress, bring inner peace and joy, increase energy harmony and awareness within yourself. Free. Call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

An Evening of Wisdom and Guided Meditation with Swami Brahmavidyananda of the Institute of Holistic Yoga • Sept. 9, 6-8 p.m. • Sit with a master and compassionate yoga and meditation healer and guide. Experience true yoga and meditation. Free. Call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Forum on Yoga and Meditation: Spiritual Applications in Everyday Life with Ema Stefanova • Sept. 24, 12:45 p.m. • Presentation, lecture and hands-on practice of classical yoga and meditation applicable to modern life. How do true yoga and meditation work? How can yoga and meditation save your life, your family and our planet? For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Men's Issues

Men's Issues Therapy Group with Cam Vozar • Ongoing Wed. evenings, 7:30-9 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, anxiety, isolation, and divorce. $40. Call 747-9073; cam.vozar@gmail.com.

The Crazy Wisdom Calendar

Mothering

Conscious Mamas with Dana Gramprie • Mondays, Sept. 11, 18, 25, and Oct. 2, 12:30-2:30 p.m. • As mothers we care deeply for our children and try to always do what is best. Unfortunately, we often make ourselves feel crazy with "shoulds", and "have to's" and judge ourselves along with our efforts, as not being good enough. Learn how to create a sense of lightness in your life, shift from reacting to choice. From stress, to ease and flow; love and appreciate yourself completely, and create more fun and joy everyday. $160-4 sessions. Call 476-7411; danagramprie@mac.com.

Survival Skills for New Moms through Ellen Thompson Women's Health Center Ann Arbor • Saturdays, Sept. 14, 6-9 p.m. Oct. 21, 9-12 p.m. Nov. 11, 9-12 p.m. (Ann Arbor), Sept. 23, 9-12 p.m. (Canton), Oct. 7, and Dec. 2, 9-12 p.m. (Livingston) • Designed for first time mothers of all ages! You'll learn practical information on parenthood, baby care, becoming a family and supporting everyone in the family. $25. Call 734-712-3625, or 800-803-7174.

Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing up through Ellen Thompson Women's Health Center Saint Joseph Mercy Hospital • Sept. 24, (Ann Arbor) 1-5 p.m., Nov. 12, 1-5 p.m. (Canton) • Provides both mothers and daughters ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mom and one daughter, $10 for each additional daughter. Call 734-712-3625.

Getting to Know Horses and Each Other: A Hands-On Workshop for Mothers and Daughters with Karen Hoffman and Vicki Yelletz • Oct. 21, 9-1 p.m. • Equine Assisted Growth and Learning is a growing field in which participants learn about themselves and others by participating in activities with horses and then processing those experiences. Mothers and daughters will participate in a fun journey of discovery through interaction with horses and each other, including paired activities both on and off the horses. $40 per person. Call Karen at 248-318-9787; primoplace@comcast.net.

Music & Sound

A Feast of Sacred Music from Ecuador with Oscar Santillan • Sat. Oct. 28, 7:30 p.m. • This coming together of musicians of the South (the Condor) and the North (the Eagle) fulfills a prophecy from Oscar's Kichwa tradition, that has been passed down for 500 years: that there will come a time when the Condor and the Eagle, the powers of the heart and mind, the peoples of the South and North can come together in balance and harmony. The intention of this concert is to create this balance of heart and mind within the participants. $10. Call 734-665-0409; helens22@comcast.net.

Tibetan Singing Bowls Vibrational Healing Methods Seminar and Concert with Mark Handler • Nov. 11, 12:30-9 p.m. • Begin or continue to explore, experience and learn to use yourself and others through profound effects of Tibetan singing bowls and harmony overtone chanting. These musical tools used in Tibet and other Himalayan countries and in the shamanism practices of various cultures, provide meditative, healing, chakra balancing and transformational opportunities. No musical background is required. $65 for seminar and concert, $38 for concert only. Call 231-275-6631; handler@chartermi.net.

Sunday Celebration with Mini-Tibetan Singing Bowls and Harmonic Overtoning Meditative Concert with Mark Handler Through Interfaith Center for Spiritual Growth • Nov. 12, 10:45 a.m. • This Sunday celebration will include a mini meditative concert which will combine many antique singing bowls, a huge gong, and harmonic overtone chant. The bowls and this ancient style of chant are known to induce deep states of peace, consciousness shifts, and meditative stillness. Free. Call 734-327-0270; dave@interfaithspirit.org.

Tibetan Singing Bowl Concert with Mark Handler through Creative Spirit Center • Sept. 29, 7-9 p.m. • Music for inner connection. Experience the unique vibrational and musical qualities of Tibetan and other Himalayan singing bowls. $10. Call 837-1885; creativity@creativespiritcenter.org.

Native American Flute Gathering through Creative Spirit Center • Oct. 21, 3-5 p.m. • Join this gathering for those who love to play the North American Flute and for those who just love to listen. Bring your flutes, rattles, drums, and a snack to pass. $5. Call 989-837-1885; creativity@creativespiritcenter.org.

Naturopathy

Candidiasis: The Fungus Amongus with Michele Loewe Sponsored by the People's Food Co-op • Nov. 14, 7-8:30 p.m. at Crazy Wisdom's Community Room • Discussion of signs and symptoms of systemic Candida and Naturopathic treatment, including diet, herbs, and homeopathics, for this overgrowth. Free. Call 994-4589; education@peoplesfood.coop.

Digestive Distress with Michele Loewe Sponsored by the People's Food Coop • Sept. 12, 7-8:30 p.m. at Crazy Wisdom's Community Room • Discussions of various causes of common GI complaints and naturopathic solutions, including diet, vitamins, herbs, and homeopathy to alleviate the symptoms and treat the cause. Free. Call Call 994-4589; education@peoplesfood.coop.

Nutrition & Food Medicine

Osteoporosis and Osteopenia: The Bone Stops Here with Judy Stone of Nutrition Magician • Sept. 26 • Separate fact from drug-marketing fiction. This disease is more complex than simply popping more calcium or taking the latest drug. However, if you understand how bone loss occurs, it's not too difficult to reverse or prevent it. Free. Call Whole Foods to register at 975-4500.

Heart Health without Drugs with Judy Stone of Nutrition Magician • Oct. 17 • The link between cholesterol and heart disease is one of the biggest medical myths to have been foisted on the American public. This talk will put cholesterol in perspective, and give you some real solutions to the problem of increasing heart disease with no side effects. Free. Call Whole Foods to register at 975-4500.

Kicking Sugar: It's Easier Than You Think! with Judy Stone of Nutrition Magician • Nov. 14 • Cravings got you by the tail? Come learn about how to create the balance in your body and brain so you're in the driver's seat. Free. Call Whole Foods to register at 975-4500.

From Fatigue to Fabulous with Judy Stone of Nutrition Magician • Dec. 12 • There are many things that can cause you to feel fatigued on a regular basis. In this class, you will gain an understanding of causes and some practical ways to improve your energy level through dietary changes. Free. Call Whole Foods to register at 975-4500.

Palmistry

Hands Demystified Talk with Adrianne Eliseo • Dec. 2, 11 a.m.-2:30 p.m. • This serves as the first in-depth program in the Uncommon Knowledge series. This program helps people to demystify or emerge from self-estrangement into authentic living by putting them back in touch with their hands. The hands are a key to demystification since they contain a blueprint of the soul's true life. Hands Demystified provides a sound understanding of the basic principles of hand reading while also promoting a conscious, balanced and healthy humanity. There is also a Blessings of the Muses Festival from 3-7 p.m. See complete description under "Ceremonies, Celebrations & Festivals." $45 if pre-registered, or $50 for the talk. Call Handiworks at 269-373-6677.

Parenting

The Indigos with Nancy Tappe through Gateways Center for Life Enrichment • Oct. 28, 10-5 p.m. • Nancy Tappe is one of the leading authorities on Indigo children, and was one of the first to see and recognize their auras. She was featured in the book *Indigo Children*, and participated on a panel of experts who discussed the "Indigo Evolution" documentary film this past January. Please join us in welcoming Nancy to her only Michigan appearance this year for a day of exploration of the Indigo phenomenon. Teens attending with parents are free, $89. Call 734-332-4666; gatewayscenter@hotmail.com.

Work Flow and Productivity for Professional Parents and Their Kids with Diane Byrne • 2 (4 week) programs offered: Mondays, Oct. 2, 23, 9-11 a.m., or Saturdays Oct. 7, 28, 9-11 a.m. • Geared toward professional parents, this program focuses on helping parents learn to reliably shift from overwhelmed, to clarity and choice. Discover the joy of leading and partnering with your spouse and your children to establish an efficient workflow in your household. Learn to create a focused team were each family member takes responsibility for their commitments and their goals, while participating with the unified whole. $300 per adult, per 4 week program. Call 734-395-9130; diane@dianebyrne.com.

Becoming a Love and Logic Parent with Raj Cehl through Renaissance Unity • Thursdays Sept. 14, Oct. 26, 7-9 p.m. • The Love and Logic philosophy teaches parents skills that cultivate confidence and good decision-making in children, by offering them choices, empathy and respect. The techniques are easy to learn and can be put into practice immediately. Child care is available for a minimal fee. Free. Call 5586-353-2300; info@renaissance.org.

Personal Growth

Seals of Solomon Activation with Karlta Zarley • Oct. 7, 9-1 p.m. • The seals contain the wisdom that each of us gained in previous lifetimes in various ancient cultures and is stored within each of us. There are 26 sets of seals. This activation opens the first 5 sets of seals, covering the times of Egypt, Maya, Mu, Atlantis, and the Druids. This is a very powerful work, moving a massive amount of energy. $200. Call 734-905-4206.

Creating Co-Powerment: Discovering Self-Awareness, Inner Worth, and Priorities with Lani Kwon Meilgaard • Afternoons: Sept. 10, Oct. 15, 1-4 p.m.; Evenings: Dec. 1, 6-9 p.m. at Crazy Wisdom's Community Room • Going through transition? Graduation, career change, divorce, moving, recovery, retirement. This three-hour workshop uses a specialized priorities exploration worksheet, fun activities and life coaching to support you and others in making dreams become reality. 5 people max. $25-$75 sliding scale. Call 973-1283; heavenlybalance@yahoo.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Sept. 5, 12, 12-1:30 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health, or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 per session. Call 734-668-2733; melanief@digitalrealm.net.

Basics of Manifesting with Karlta Zarley • Sept. 9, 9-1 • Why are some things easy to manifest and others aren't? Are you doing all the right things to maximize your creative process? This class covers the basics and provides time to practice bringing your heart's desire into existence using the synergistic energy of the group. Refreshments provided. $75. Call 734-905-4206.

Living Gracefully in Turbulent times with Karlta Zarley • Nov. 11, 9-4 p.m. • The energy of Earth is changing rapidly now and we all feel that chaos physically, emotionally, spiritually and in our relationships. Learn skills that can be practiced that will make living smoother and easier. $ 110. Lunch provided. Call 734-905-4206.

Taming Your Inner Critic with Lou Weir of Deep Spring Center • Wednesdays Sept. 13, 27, Oct. 4, 11, 7-9 p.m. • Many of us experience a coercive sense of self-evaluation in our inner experience which colors our lives. The truth is there is nothing wrong with you. Through meditation psycho-dynamic exercises and self study, this class will help you to peel away the layers of self-criticism and experience more freedom. $40-$80 suggested. Call 477-5848 or Lou at 663-1675; info@deepspring.org.

From Inner child to Inner Joy with Joyce Martell through Renaissance Unity • Sept. 12, Oct. 3, 7-9 p.m. • This class is designed to help participants gain freedom from self-sabotaging behaviors by understanding and identifying symptoms created in dysfunctional family systems. Students will learn to set functional boundaries, process feelings, discharge carried energy, and develop into a loving adult through a re-parenting process. Free. Call 586-353-2300; info@renaissanceunity.org.

Manifest a More Satisfying Life with Ruth Wilson Zamierowski • Sept. 17, 12-3 p.m. at Crazy Wisdom's Community Room • Experience energetic techniques that help you resonate with and attract a more joyous experience. Learn simple strategies you can use to increase energy and feel better now. This class is fun! $40. Call 248-990-1902; thetranspersonalcoach@yahoo.com.

4T Prosperity Program through Renaissance Unity • Sept. 11, Nov. 27, 7-9 p.m., or 10-12 p.m. • The 4T prosperity program is a 12-week course with proven results, a powerful support system, and a 100% money back guarantee. It enables people to experience a deeper spiritual awareness, loving relationships, financial security, job satisfaction, improved self-esteem, and better physical health. Tithing commitment and materials fee. Child care offered. Call 586-353-2300; info@renaissanceunity.org.

Live Your Career Dream with Melanie Fuscaldo • Sept. 21, 28, 12-1:30 p.m. • Begin to identify your unique career dream and action steps to create it in your life. $30. Call 734-668-2733; melanief@digitalrealm.net.

Foundations of Conscious Living 1 with Dana Gramprie • Tuesdays Sept. 12, 19, 26, Oct. 3, 12:30-2:30 p.m. • Learn practical tools that allow you to be more present in your own life, remind you of how powerful you really are, and invite lightness, choice, play, fun, and joy back into your life. This is an experiential class for curious people who are willing to share and participate. $160 for all 4 sessions. Call 476-7411; danagramprie@mac.com.

Foundations of Conscious Living 2 with Dana Gramprie • Tuesdays Oct. 17, 31, Nov. 14, 28, 12:30-2:30 p.m. • For students who have completed Foundations of Conscious Living 1 and would like continued support, and further training to better master these tools. Learn how to continue to integrate principles for living with integrity, and create, sweet ease and flow in your life. $160 for all 4 sessions. Call 476-7411; danagramprie@mac.com.

Foundations of Conscious Living 1: For Women with Dana Gramprie • Mondays Sept. 11, 18, 25, Oct. 2, 7-9 p.m. • Learn practical tools that allow you to be more present in your own life, remind you of how powerful you really are, and invite lightness, choice, play, fun, and joy back into your life. This is an experiential class for curious people who are willing to share and participate. $160 for all 4 sessions. Call 476-7411; danagramprie@mac.com.

Foundations of Conscious Living 2: For Women with Dana Gramprie • Mondays Oct. 16, 30, Nov. 13, 27, 7-9 p.m. • For students who have completed Foundations of Conscious Living 1: For Women and would like continued support, and further training to better master these tools. Learn how to continue to integrate principles for living with integrity, and create, sweet ease and flow in your life. $160 for all 4 sessions. Call 476-7411; danagramprie@mac.com.

Manifestation with Nancy Tappe • Oct. 29, 10-5 • The process for manifestation requires that you get clear on what you really want in size, shape and quantity. Learn the Three Rules for Manifesting, the Seven Rules of the Unconscious and look at your fears about your ability to win in this workshop on how to bring about your dreams. $89. Call Gateways at 332-4666; gatewayscenter@hotmail.com.

Mining for Diamonds with Patricia Fero • Sept. 16, 10-2 p.m. at Crazy Wisdom Community Room • Mining for Diamonds is a powerful workshop in which participants are guided through 3 levels of moving into their inner landscapes. Through a process of internal exploration and excavation. Participants uncover diamonds of self-realizations and unrecognized internal resources. $75. Call 973-0817; pat_fero@yahoo.com.

Life Transformative Solutions with Ramesh Narula • Every Sunday 8:45-5 p.m. • Replace old habits with new transforming habits. Workshop is based on ayurveda, meditation, yoga, break-through thinking, creative problem solving and a course in miracles. $100. Call 734-424-9139; rameshnarula1@yahoo.com.

Poetry

The Healing Art of Poem Making with Linda Leedy Schneider • Oct. 27 at 6 p.m. through Oct. 29 at 1 p.m.• Poetry is a way of both finding meaning and making meaning in our lives. This workshop allows participants to explore the need not only to be true to one's experience, but also to bear witness to that truth through the written word. Share in the life changing and healing mystery of poetry. No previous writing experience necessary. $400 includes tuition, meals and two nights in a private room; $325 for a shared room; $250 for tuition and meals only. Call Marcia Stroko at Inn at the Rustic Gate at 1-800-319-5867; rusticgate@starband.net.

Prayer

Contemplative Prayer with Visitation Staff • Mondays, Noon-12:30 p.m. • All are welcome for a half-hour of centering prayer in which participants pray together in silence, striving to simply open themselves without words or images to God. All are requested to arrive before Noon. No fee. Call 734-242-5520; visitation@ihmsisters.org.

Adult Evening Prayer with Visitation Staff • Nov. 29, Dec. 13; 7 p.m. • A special time of prayer to help us prepare for a rebirth of Christ in ourselves, our struggling church and our broken world. No fee. Call 734-242-5520; visitation@ihmsisters.org.

Praying with Body, Mind and Spirit: Moving in God's Love with Janene Ternes of Prayer In Motion • Oct. 28, 9:30-4 p.m. • Come experience God's healing and freeing love as you pray through movement, scripture, journaling and guided meditation. Find a new dimension in your personal prayer which deepens your connection with God by using your body, mind and spirit to pray. Bring a journal. Basic movements will be taught which can be done by anyone, regardless of experience or physical limitation. $45 includes lunch. Visit www.prayer-in-motion.com or prayerinmotionjt@aol.com.

Praying with Body, Mind and Spirit: Moving through Advent with Janene Ternes of Prayer In Motion • Dec. 2, 10 a.m.-2 p.m. • Advent is a time of waiting and preparation to receive Christ anew. All are invited to relax, unwind and experience a new dimension in personal prayer using your body, mind and spirit to pray with scripture, guided meditation and music of the season. Bring a journal. Basic movements will be taught which can be done by anyone, regardless of experience or physical limitation. $40 includes lunch. Visit www.prayer-in-motion.com or prayerinmotionjt@aol.com.

Professional Enrichment

Bellanina Spa Services: Two-Day Hands-On Seminar with Ildiko Benyak • Oct. 28-29, 9-5 each day • Turn your treatment room into a spa with Bellanina Spa Services. This workshop is for massage therapists and healing arts professionals who want to offer more to their clients and add more to their bottom line. 16 CEUs. $395 covers all products and class materials for use in the seminar, with early registration discount offered. Call Bellanina Institute at 800-235-2844 or 747-7661; info@belavi.com.

Reiki Level I Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Aug. 15, 10-4 p.m.; Sept. 12, 11-5 p.m.; Nov. 7, 10-4 p.m.; Dec. 5, 10-4 p.m. • For complete description, please see listing under Reiki.

Reiki Level II Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Oct. 10, Jan. 2; 10-4 p.m. • For complete description, please see listing under Reiki.

The Accelerated Healer Development Program with Eve Wilson • 26 classes by weekly spanning one year, beginning in October, 7-10 p.m. • Legal/International Healer Practitioner Certification. Physical, emotional, mental and spiritual healing including aura reading, DNA, soul contracts, power animals, planetary and social healing, inner child work, Qabalah and more. $2,650 in advance or $2,800 pay as you go. Call 248-545-3928; evew@spiritualhealers.com.

Sun Moon Teacher Training Program with Sondra O'Donnell • Sundays, Sept. 10-Jan. 7, 1-6 p.m. with additional practice required • Upon completion of the program, participants will be certified by Sun Moon Yoga School and will be eligible to register with the Yoga Alliance. Yoga teacher training is the beginning of a lifetime of learning, study and sharing with others. With completion, students can expect a strong foundation in the philosophy, practices and techniques of yoga and how to share yoga with others in a safe, effective, inspiring way. $2,150 with early registration discount offered. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Trager Level I with Jean Hopkins • Nov. 6-8 and Nov. 10-12, 9 a.m.-6 p.m. • Comprehensive class in The Trager Approach - an experiential approach to mind body integration that uses self-directed movement exploration and hands-on work to influence the unconscious mind. For professionals interested in enhancing the effectiveness of their current practice and anyone desiring more freedom and ease in their life and work. $870. Call Eileen Dickinson at 717-4145; edickins@umich.edu.

Holistic Energy Care Course and Retreat through Self Realization Meditation Healing Centre • Oct. 7-8 • This is a course for health care professionals, complementary practitioners, carers, teachers, voluntary workers, and all who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their personal lives. Many people-workers use inner resources that are often not part of their job description. While the use of the hidden essence of care or energy, can lead to inspired work, its ungoverned use can also lead to burn out in the long run. Practical ways of being in charge of our own energy will be taught, to be used at work or home, as well as explaining the scientific reasoning behind these methods. $185 includes lunches. $229 includes lodging and full board, plus tax. Call 517-641-6201; SRMHCMichigan@CS.com.

Reiki

Reiki Level I Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Aug. 15, 10-4 p.m.; Sept. 12, 11-5 p.m.; Nov. 7, 10-4 p.m.; Dec. 5, 10-4 p.m. • As an individual who provides direct care to others, keeping rejuvenated and grounded each day is challenging. In this one-day workshop, attendees learn Reiki Level I self-healing techniques, Reiki methods to help others, and tips for application in the care provider setting. Attendees receive the Reiki Level I attunement, a technique guidebook, and certificate. Class size is limited. $100 includes light vegetarian lunch, snack and technique guidebook. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com or ann@theracaremassagetherapy.com.

Reiki Level II Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Oct. 10, Jan. 2; 10-4 p.m. • This level II workshop is designed for individuals who provide direct care to others. Reiki I training by a Reiki Master (Usui) is a prerequisite. Attendees learn the symbols for Reiki Level II, techniques for distance work, and receive the energy intensifying level II attunement. Tips for application in the care provider setting are also discussed. Attendees receive the Reiki Level II attunement, a technique guidebook, and certificate. Class size is limited. $150 includes light vegetarian lunch, snack, technique guidebook and supplemental manual. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com or ann@theracaremassagetherapy.com.

Reiki I with Carolyn • Sept. 23, 10-2 p.m. • Hand positions taught along with one attunement. Read *Reiki Fire* prior to class. Certificate included. $95. Call Lite the Way at 734-854-1514; litetheway7473@aol.com.

Reiki II with Carolyn • Oct. 28, 10-2 p.m. • Learn long distance healing and healing with the eyes. Two attunements. Certificate included. $95. Call Lite the Way at 734-854-1514; litetheway7473@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Oct. 10, 7-9 p.m. • Suzy speaks on the Usui system of Reiki healing. In this gentle, hands-on healing art, Universal Life Energy is transmitted through the hands of the practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments offered. Call 665-8665; suzyreiki@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Sept. 29-Oct.1 or Nov. 10-12; Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30-12:30 • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

The Crazy Wisdom Calendar

Second Degree Reiki Class with Suzy Wienckowski • Oct. 27-28; Friday 7-9 p.m., Saturday 10-4 • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Sept. 23, 24, Saturday 7-9 p.m., Sunday 10-6; or Oct. 28, 29, Saturday 7-9 p.m., Sunday 10-6, Dec. 2, 3, Saturday 7-9 p.m., Sunday 10-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Nov. 4, 5; Saturday 6-10 p.m., Sunday 10 a.m.-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Sept. 14, Oct. 12, Nov. 9, Dec. 14; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Relaxation

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Sept. 7, 11-12:30; Part 2: Sept. 14, 11-12:30 • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733; melanief@digitalrealm.net.

Retreats

Re-Connecting with Spirit and Ourselves with Karlta Zarley in Sedona, Arizona • Feb. 1-4 • The red rocks of Sedona are world renowned for beauty, warmth and energy vortexes. We will be hiking the red rock vortexes to raise our vibrations and reconnect with ourselves, the Earth and the divine. There will be five group sessions involving easy hiking, personal and small group exercises, meditation and ritual. Meet in Phoenix before driving to Sedona. $735 includes travel between Phoenix and Sedona and all three lodging for single room or $615 for double room. Airfare on your own. Early registration gets $50 off. Credit cards accepted. Call 433-9333.

Silent Retreat with Self Realization Meditation Healing Centre • Oct. 13-15 • Immerse yourself in peace for a weekend. Following a meal served on arrival - giving time for participants to get to know one another - this retreat is held in silence for meditation, contemplation, relaxing and getting in touch with the higher wisdom of the inner self. The Centre has a meditation room, excellent vegetarian food, quiet sitting areas, comfortable accommodation and a large wooded area for walks. $109 plus tax for lodging and meals. Call 517-641-6201; SRMHCMichigan@CS.com.

Christmas Celebration Retreat with Self Realization Meditation Healing Centre • Dec. 24-27 • A truly spiritual way to celebrate the inner beauty of Christmas. Following a meal served on arrival - giving time for participants to get to know one another - this retreat is held in silence for meditation, contemplation, relaxing and getting in touch with the higher wisdom of the inner self. The Centre has a meditation room, excellent vegetarian food, quiet sitting areas, comfortable accommodation and a large wooded area for walks. $141 plus tax for lodging and meals. Call 517-641-6201; SRMHCMichigan@CS.com.

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 30-Jan. 1 • For all who wish to come and imbibe the peace and beauty of the Centre as the new year begins. The Centre has a meditation room, excellent vegetarian food, quiet sitting areas, comfortable accommodation and a large wooded area for walks. $109 plus tax for lodging and meals. Call 517-641-6201; SRMHCMichigan@CS.com.

Directed Retreats with Mary Pat Dewey, Teresa Disch, Charlotte Hoefer, Carol Johannes and Rosemary Kieffer of Weber Center • Dec. 3 at 7:30 p.m. through Dec. 9 at 1 p.m. • $425 single occupancy or $225 commuter. For complete information, call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org or www.adriandominicans.org/weber.

Yoga and Meditation Wellness Retreat with Ema Stefanova • Oct. 6-8, Dec. TBA • Guided practice sessions (beginners welcome), talks, private yoga therapy sessions and enjoying the peace at Vivekananda Monastery in Gauges, Michigan. Call 665-7801; emastefanova@cs.com; www.yogaandmeditation.com.

Ritual

Celebrate the Autumnal Equinox with Paul Meyer through Creative Spirit Center • Sept. 21, 7-9 p.m. • This fall equinox can serve as a reminder to seek harmony and balance within ourselves. In the distant past, our ancestors celebrated the turning of the seasons with sacred song and dance. Gather with us to celebrate the light within and without. $5. Call Suzanne, Colleen or Linda at 989-837-1885; creativity@creativespiritcenter.org.

New Moon Teaching Circle with V. Brighid Snowdon • Noon-3 p.m. or 6-9 p.m. • Drawing from various modern traditions, you will learn the basics and intricacies of creating and performing public and private ritual to celebrate earth, life, love and the spirit of divinity in each of us. Men and women of all traditions and beliefs welcome. $25 per class. Call 905-4206; designwitch@earthlink.net.
Sept. 21 • Introduction, The Cycles of the Year, Focus on Mabon (Fall Equinox)
Oct. 23 • Structure and Principles of Ritual
Nov. 20 • Calling the Quarters (Directions)
Dec. 21 • The Charges of the Goddess and God, Focus on Yule (Winter Solstice)

Full Moon Circle with V. Brighid Snowdon • Sept. 7, Nov. 5, Dec. 3; Gather at 6:30 p.m., ritual at 7 p.m. with refreshments served after, ending at 9 p.m. • Drawing from several modern traditions, we circle together at the full moon to celebrate earth, life, love and the spirit of divinity in each of us. Men and women of all traditions and beliefs welcome. $10 donation welcome but not required. Call 905-4206; designwitch@earthlink.net.

Runes

Journey to Avalon: Embracing Magic and Mystery- A Runes Playshop with Bronwen Gates • Oct. 8, Noon-5 p.m. • This playshop introduces you to the runes, ancient symbols of power, much older than the nordic roots with which we generally associate them. Meet the runes, visit the valley of the crystals to connect to your runic symbol, create your own runic sigil. $63 prepaid, or $72 at playshop includes brunch. Call 975-8754; bronwild@aol.com.

Sacred Contracts

Sacred Contracts: Archetypal Energies - A Path to Personal and Spiritual Transformation with Etta MacDonah-Dumler • Oct. 14, Nov. 11, 9:30-1 p.m., Oct. 17, 31, Nov. 7, Dec. 5, 12, 7:30-9:30 p.m. • This session provides you with an introduction to archetypal energy patterns discussed in Caroline Myss's book *Sacred Contracts*. You will learn how these archetypal energies interact, especially as they relate to your own life and your interaction with others. You will learn about the four survival-oriented archetype energy patterns (victim, child, prostitute, and sabotuer) that are common to all of us on our path to personal and spiritual transformation. Understanding their patterns can help us name and face the fears we have preventing us from fulfilling our unique sacred contract and the sacred contracts that we have with others. Class size limit is ten. $75.; www.sacredstepping.com.

Salons

Stories of Healing: An Evening of Storytelling at the Crazy Wisdom Salon - Fall 2006 • Thursdays at 7:30 p.m. • Please join us for the fourth season of the Crazy Wisdom Salon as we create an intimate opportunity for healers from the Ann Arbor community to share with us their unique life experiences and journeys. Each monthly Salon will feature a professional in the Ann Arbor community who integrates different modalities of healing in a distinctive way which reflects his and her own interests, beliefs, values, and talents. We invite the Ann Arbor community to join us in the Tea Room for these lively offerings and group discussions as we listen, question, and explore with our guest speakers their approaches to healing. Facilitated by Lucinda Kurtz, Healing Practitioner. For more information, call Lucinda at 665-9160; Crazy Wisdom Bookstore and Tea Room 114 S. Main St. Ann Arbor.
September 21 with Barbara Boyk Rust, Ph. D., Psychologist, Educator, Ritual Maker.
October 26 with Brenda Morgan, Ph. D., Spiritual Teacher and Catalyst.
November 30 with Jay Sandweiss, D.O. He is board certified in Neuromusculoskeletal Medicine, Osteopathic Manipulative Medicine and Medical Acupuncture.

Shamanism

Introduction to Shamanism: The Shamanic Journey with Kate Durda of Spirit Weavers • Sept. 10, Dec. 9, 12-5 p.m. • Experiential training in the shamanic journey and introduction to shamanic healing methods and practice. One of the most remarkable methods to enter into the world of the spirit, or 'non-ordinary' reality, to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. $65 with early registration discount offered. Call Spirit Weavers at 517-543-6754 or visit www.spiritweavers.net.

Shamanism Introduction: Healing and Empowerment with Kate Durda through Creative Spirit Center • Oct. 8, 12-5 p.m. • Experiential training in shamanic journey, and introduction to shamanism healing methods and practice. You will experience the shamanic journey- "the most remarkable visionary methods used by mankind to explore the hidden universe otherwise known mainly through myth and dream". $65. Call 989-837-1885; www.creativespiritcenter.org.

Feeling, Flowing, Flying: Ancient Wisdom for Self-Transformation with Taita Iachak Alverto Taxo • Oct. 7, 8, 10-4 p.m. • Spiritual teacher and healer, Tiata Iachak Alverto Taxo, of the Kichwa people of the Andes, will lead an experiential workshop drawing on ancient Andean wisdom and practice relevant to flowing with this time of great challenge and transformation. Individual energy harmonizing ceremonies will also be available during the weekend. $300 for weekend. $100 for energy harmonizing ceremonies. Call 734-665-0409; helens22@comcast.net.

Red Lodge: Open House and Sweat Lodge Ceremony with Debbie Mast Sponsored by Flowering Tree Lodge • Sept. 11, 7-10 p.m. • An introduction to Red Lodge, a year long program in shamanic teachings and ceremonies which connect you to the natural world and unify your emotions, body, mind, spirit and sexuality. A one-hour description of the program is followed by an optional sweat lodge ceremony in Royal Oak. Free. Call 248-414-5376; ftreelodge@aol.com.

Sweat Lodge Ceremony with Debbie Mast Sponsored by Flowing Tree Lodge • Oct. 19, Nov. 16, Dec. 14, 7-10 p.m. • The sweat lodge ceremony reconnects us to spirit as we purify physically and spiritually. Free. Call 586-749-7781; ftreelodge@aol.com.

Barbara Boyk Rust, Ph.D., Psychologist, Educator and Ritual Maker

Barbara Boyk holds a doctorate in Clinical Psychology and Higher Education. She has been active in spiritual development and healing for 20 years. She creates ceremonies and prayer circles for daily, weekly and holiday celebration. She has worked to develop rituals for life cycle transitions, healing, seasonal celebrations, and personal growth. She is particularly known in the Ann Arbor area for her workshops fostering Jewish ritual and renewal.

Barbara Boyk Rust will be the guest speaker at the Crazy Wisdom Salon on Thursday, September 21st. She will be speaking about her own life journey and evolution; she will also be interacting with the audience, and answering questions. In her own words, "I love the process of recognizing the deep story of the healing process. I love the way we can see our lives unfolding, and the essence of our self and our purpose becoming more evident as we move through the path of growing and healing with consciousness."

Spiritual Environment: Inside and Out (Five Gatherings) with Elizabeth Alberda and Maurice Alberda • Sept. 22, Nov. 17, 7-9 p.m., Sept, 23, Nov. 18, 9 a.m.-5 p.m. • For a year we will explore the ways we can contribute to the well being of the energetic field of the individual, the community, and the planet by creating a relationship with five major archetypes in the human psyche and with the elements. We will seek with air breath, to receive vision from the king or queen; with earth breath to ground in the truth of action from the implementor; with water breath to create ritual from the magician; with fire breath to cultivate beauty from the one who loves; and with ether breath to balance toward wellness with the integrator. $150 for each workshop, includes vegetarian meal. Call 734-663-5474; ealberda@comcast.net.

The Hero's Journey with Christine Griffin and Nicholette DeMeulemeester • Sept. 22 at 4 p.m. through Sept. 24 at 3 p.m. • A weekend of shamanic journeying to receive information essential to heal early childhood and past life wounds that disconnected us from our soul's destiny. Heal past traumas, limiting beliefs and soul contracts that interfere with our soul's purpose. $275 includes meals, lodging and workshop. Call Christine at 734-634-4331; cgrifred2@aol.com.

Advanced Journeying and Divination Level 2 with Connie Eiland and Michael Lee • Sept. 23 and 24 at Inspirit Wellness Center in Pinckney • The purpose of this class is to give participants pathways for continued shamanic explorations and, through intentional journeys, encourage the individuals' relations with helping spirits. $195 before Sept. 10 or $240 afterwards includes vegetarian dinner Saturday and lunch Sunday. Contact CLShebear@SBCglobal.net.

Solar Energy

Michigan Solar Homes Tour Open House through the Upland Hills Ecological Awareness Center • Oct. 7, 12-4 p.m. • The UHEAC will again be participating in the annual, national and state-organized solar homes tour. UHEAC members, friends, and the general public are welcome to visit the center, check out our new green roof and wind/solar grid-tie electrical system along with many other electrical efficient and renewable energy features of the center. Free. Call 248-693-1021; www.uheac.org.

Sound & Voice

Freeing the Voice with Roger Tolle • Sept. 14, 7-9 p.m. • This workshop is for voice teachers and students, singers, actors, bodyworkers, movement educators and anyone who desires a freer and richer self-expression. Learn how, through movement, touch and increased focus on sensation, to release tension and stress and build confidence in the voice and self-expression. Using Principles of Trager Approach, find freer movement and greater awareness in the neck, face, jaw and breath, and discover how this affects sound quality and ease of expression. Free. This is an introductory evening for a thee-day class to be taught in November 2007. Call Eileen Dickinson at 717-4145; edickins@umich.edu.

Tenth Annual Evening of Sacred Song: Come Sing With Us! with Sacred Song • Dec. 2, 7:30 p.m. • Join us in singing songs from many spiritual traditions. This year, the songs are the stars of the show in an evening designed for maximum audience participation. Come celebrate the season, sing along and enjoy music and rhythms from around the world. All proceeds benefit two local nonprofit organizations. $5-$25 sliding scale. Free for children under 12. Call 975-8791; mackeyj@umich.edu.

Six Healing Sounds for Stress Reduction with Elizabeth Alberda • Date and time to be determined • Combining ancient healing methods with western medicine, the work of Mantak Chia creates natural ways of relieving stress and teaching your body to let go by subvocal sounds. These sounds cause specific organs to vibrate and relax. For example, lung sound releases grief and sadness and gives courage, and heart sound releases nastiness and cruelty, to gain sincerity and joy. $10 each session; $60 due the first class. For dates and times, call 663-5457; ealberda@comcast.net.

Singing the Songs of Hildegard with Norma Gentile through Gateways at Crazy Wisdom's Community Room • Sept. 17, 4-6 p.m. • What better way to celebrate Hildegard's Feast Day than to gather and sing her music, share a bit of her life story and open to listen to those spiritual energies that surrounded her. All are welcome. There are notes and tones for each voice. The ability to read music is helpful but not necessary. Chants will be taught by call and response. $30. Please confirm time by calling 330-3997; info@healingchants.com.

The Conscious Singer Workshop with Norma Gentile through Gateways • Nov. 18, 10-6 p.m. • A workshop for vocalists, actors, energy healers and those wanting to use their voice in greater alignment with their body and spiritual purpose. When we speak or sing, we become channels for our own guides and angels to move through us. By connecting consciously with those helpers, we magnify our healing power and allow them, not our bodies, to do the work. $99 in advance or $111 at the door. Call 330-3997; info@healingchants.com.

Candlelight Meditation Concert of Medieval Healing Chants of Hildegard with Norma Gentile • Sept. 30, 8 p.m. • Candles, chanting, Tibetan singing bowls and the sacred setting of a beautiful, old stone church. A sensual feast of the heart, Hildegard's chants were written as a means for people to come into communion with spirit. Relax into a meditation as they are sung by Norma. Those present will learn how to do overtone chant. $15. Call 330-3997; info@healingchants.com.

Spiritual Development

Public Talk on the Ideas of G.I. Gurdjieff with Members of the Ohio Foundation • Oct. 1, 2 p.m. at Crazy Wisdom's Community Room • Brief discussion of aspects of Gurdjieff's teachings by ~~four~~ Ohio Foundation members, and also including two Ann Arbor members. Free. Call 216-341-5499; info@gurdjieffohio.org.

An Introduction to the Pathwork Teachings Lecture Study Series • Date and time to be determined by class • This series introduces some of the basic concepts expressed in the Pathwork lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes all lectures studied and a subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930-0864.

Lecture Discussion Series sponsored by Great Lakes Pathwork Inc. • One Friday per month, 7 p.m. • The Pathwork, at its most fundamental, is a means to discover and follow your personal path to the Divine. It is a spiritual path of self-purification and self-transformation on all levels of consciousness. The Pathwork teachings emphasize that through honest self-examination, we can overcome and remove the inner obstacles that keep us from living fully from our God-self, our true nature. Free. Call Nick Meima at 663-5853.

Love that ends is the shadow of love; true love is without beginning or end.

- Hazrat Inayat Khan

Sufi

"Rumi: An evening of Remembrance and Whirling" at Body-Mind-Spirit, with Shaykh Waleed • Sept. 28, Nov. 16, 8 p.m. • In honor of Mevlana Rumi, all are invited to connect heart to heart, for an evening of joy and divine remembrance. Evening will consist of Rumi music, silent meditation, open whirling, and a Naqshbandi Sufi Dhikr-healing session. Free. Call 734-945-8602; staff@bmswc.com.

"Sufi Healing and Dhikr" at Body-Mind-Spirit with Shaykh Waleed • ongoing Thursdays, 8 p.m. • Experience the ancient healing methods of Naqshbandi Sufi masters as we sit in remembrance of the Divine. Free. Call 734-945-8602; staff@bmsw.com.

The Crazy Wisdom Calendar

Tai Chi & Martial Arts

Beginning Chen Style Tai Chi Chuan Class at Great Lakes Wushu • Begins Sept. 7, then Mondays and Thursdays 6-7:10 p.m. and Saturdays 10-11 a.m. • Class learns a 36 movement form. Basic training includes, stance, kicks, silk reeling energy. $85 per month. Call 734-973-0226; greatlakeswushu.com.

Shorinji Kempo- Techniques and Philosophy with Gary Dolce • Sundays 9-11 a.m., Mon. and Thur. 8:15-10:15 p.m. Beginners always welcome • Shorinji Kempo is a comprehensive Japanese self-defence system and philosophical discipline based on Zen buddhist principles. Practices include seated meditation, stretching, and technical practice in strikes, blocks, escapes, throws, and locks. Practices are friendly and noncompetitive and focus on mutual development of skills. All ages 16 and over are welcome. $50. Monthly with free beginner classes. Call 332-1780; a2@shorinjikempo.com.

Self-Health 1-2-3 with Cinda Lee Hocking • Tue. and Thur. 8-9 p.m., Wed. and Fri. 12-1 p.m. • Coaching and training based on Tai Chi, Qi Gong, and international energy plus exercises. Designed to develop mind focus, motion meditation, Chinese body conditioning, and stress reduction skills. $120 for 2 months, $220, for 4 months. Call 866-PLUS-4-YOU ext. 709, or 417-7161; Cinda@healingdynamics.org.

Kang Nei Chin International and Internal Energy Plus Seminars with Sibak Ryan Wilson • Saturdays, 1:30-4:30 p.m. • Monthly specialty seminars open to the public on martial, medicinal, and energy building techniques of Kang-Nei-Chin Gong Fu. Topics range from acupressure to energy sensing, to unique weapons training. $120 for non-student, varies. Call 734-332-3393; sibakryan@blackdragongyms.com.

Wu Style Tai Chi Chuan With Sifu Genie Parker • Beginners: Thursdays 6:30-8 p.m., also Sunday at 4 p.m. at Jewel Heart Center • Wu style Tai Chi Chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $30 per month. Call 332-9116, or 248-229-1060; info@wustyle-annarbor.com.

Tai Chi with Evelyn Craig of Visitation • Sept. 12, 19, 26, and Oct. 3, 10, 17, 7-8:15 p.m. • Tai Chi invites you to be attentive and deeply focused in the center of our beings. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. $55 for series, $15 per session. Call 734-242-5520; visitation@ihmsisters.org.

Silat Tuo: Spiritual and Martial Arts of Sumatra, Indonesia with Bapak Waleed at BODY-MIND-SPIRIT • Sept. 30 and Nov. 18, 10 a.m. • Silat Tuo training explores the spiritual, martial and healing arts of Sumatra, Indonesia. Silat Training develops the individual to see more perceptively, hear more clearly and simply be at peace. Free Call Keith at 734-945-8602; www.BMSWC.com or staff@bmswc.com.

Silat Tuo: The Healing, Movement and Martial Arts of Sumatra, Indonesia with Bapak Waleed at BODY-MIND-SPIRIT • Ongoing Mondays and Wednesdays, 7:15-8:30 p.m. • Sessions explore traditional silat training which promotes mind-body fitness and conditioning, increases mental acuity and focus and develops martial arts and self protection capabilities. Silat training, among other things, seeks to explore how through balance (and humbleness) one can see more clearly, move more efficiently and simply be more effectively able to experience life's journey. Free intro session. $15 per class. Call Mas Abe at 734-945-8602; www.BMSWC.com or masabe@bmswc.com.

T'ai Chi Ch'uan Beginner Class with Master Wasentha Young • Sept. 11-Dec. 16; Ongoing Mondays and/or Wednesdays, 6-7:15 p.m. • T'ai Chi Ch'uan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through these techniques as well as T'ai Chi Ch'uan's unique, slow and graceful movements and breathing coordination. T'ai Chi Ch'uan is often characterized as "meditation in motion" because of the stillness it exemplifies. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Jingui Golden Shield Qi Gong Demo with Lori Larson • Sept. 16, 4:30 p.m. • Learn an ancient and rare temple style Qi Gong. It improves health and longevity using visualizations, herbs, and an easy physical practice. Free. Call 641-919-2234; classes@goldenshield.org, or www.goldenshield.org.

Tarot & Divination

Tarot Class with Kimmie • Sept. 13, 7-8:30 p.m. • Learn to read the Tarot. This class will take you on a spiritual journey as we learn the tarot and its meanings and the story of how it was created so that people people can learn the path to enlightenment. $50. with $10 discount if you refer a friend. Call 734-854-1514; read44uu@aol.com.

Tarot, Numerology, Elements: Telling a Story of a Leap of Faith with Jeanne Adwani • Mondays Oct. 9, 16, 23, Nov. 6, 13, 20, at 6:30-9 p.m. at Crazy Wisdom's Community Room • An opportunity to explore the Tarot by understanding its numerology, elements and symbolic relationships. This can enable you to consider a question, ponder a moment, shift a mood, consider a possibility, all by pulling a card or a series of cards to assist you in a deeper knowing of the above. Class limit 10 people. $132. Call 734-320-3972; jeanne@intoowitgirl.com.

Tarot: Those Fabulous Court Cards, Queens, Kings, Princes, Princess/Pages and Knights, Oh My! with Jeanne Adwani • Nov. 18, 11-5 p.m. at Crazy Wisdom's Community Room • A whole day of indulgence to those indulgent court cards. This class is for those who have either been in my classes or have a working knowledge of the Tarot. What conversations might this group have at a banquet? How will they lead? How are they cranky or joyful? $65. Call 734-320-3973; jeanne@intoowitgirl.com.

Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • Sundays, 11 a.m.-1:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. For more information, call Crazy Wisdom at 665-2757.

Drop-In Tarot and Astrology Readings with Jillian Kerry at the Crazy Wisdom Tea Room · 2nd and 4th Saturdays of each month, 10:30 a.m.-1:30 p.m. · Jillian uses tarot and astrology as tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. $1 per minute. No appointment necessary. For more info, Jillian at 734-395-4999; jilliankerry@gmail.com

> There is no way to peace.
> Peace is the way
> - A. J. Muste

Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system developed in 1999 in Ann Arbor by a group of enlightened individuals ranging from artists to astrophysicists. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780 if you prefer to schedule a reading.

Theater

2006-2007 Season Auditions at the Wild Swan Theater • Sept. 6, 7, 10-1 p.m. • Wild Swan will be holding auditions for its 2006-2007 season at its studio at 416 W. Huron St. in Ann Arbor. Experienced adult actors will be considered for roles in four productions as well as positions with our touring company, with special attention given to creating multicultural casts. Interested actors should call to make an appt. Free. Call 995-0530; michelle@wildswantheater.org.

2006 Season at the Wild Swan Theater • $8 child, $10 adult. Call Michelle at 995-0530; www.wildswantheater.org/season.
Frog and Toad for Pre-K-2 • Oct. 19, 10:30 a.m.; Oct. 20, 10:30 a.m. and 1 p.m.; Oct. 21, 11 a.m.
Coming to America for Grades 2-8 • Oct. 31, 10 a.m. and 12:30 p.m.; Nov. 1, 10 a.m. and 12:30 p.m.; Nov. 2, 10 a.m. and 12:30 p.m.; Nov. 3, 10 a.m. and 12:30 p.m.
A Christmas Carol for Grades 3-8 • Dec. 13, 10 a.m. and 12:30 p.m.; Dec. 14, 10 a.m. and 12:30 p.m.; Dec. 15, 10 a.m. and 12:30 p.m.; Dec. 16, 2 p.m.; Dec. 17, 2 p.m.

Therapy & Support Groups

Tools for Recovery- Eating and Weight Disorder Support Group with Erin Zaliski sponsored by Center for Eating Disorders • Mondays 6-7 p.m. • This drop-in, ongoing discussion group addresses tools to help in the recovery and support from eating, weight, and body-image issues. Best used as an adjunct to professional treatment. Free. Call 734-668-8585; info@center4ed.org.

Women's Empowerment Group With Betz King • Mondays and Wednesdays, 7-9 p.m., and Wednesday morning 9:30- 11 a.m. • The Women's Empowerment Groups have been meeting since 1998 to help women gain greater self awareness, self esteem, assertiveness, and healthy relationships. $150. per month, 3 month min. commitment. Call 248-788-5798; www.betzking.com.

Returning to Wholeness, Navigating the Journey of the Soul - A Pathwork Process Group with Lisa Wolf • Tuesdays 2-4 p.m. • This group combines the psychological and the spiritual to discover the "souls journey" and to find the very best of one's self. It is for those who want to move deeper into the process of self transformation, using the Pathwork teachings as a foundation. $40. Call 734-930-0864.

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • One Tuesday monthly, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond surviving life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to thrive and the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. New group forming. $40 per session. Call 930-0864.

Embracing Your Inner Family, Voice Dialogue, Psychology of the Aware Ego with Carole Kirby • Dec. 3, 2-4:30 p.m. at Crazy Wisdom Community Room • Voice Dialogue, based on the work of Drs. Hal and Sidra Stone, helps you identify the many selves or energies that inhabit your psyche. Each "self" or energy has its own personal history, emotional and physical reactions and opinions on how we should run our lives. Come discover some of your inner family and selves. Free. Call 734-242-2797; www.therapy4couples.com or carole777@aol.com.

The Brain Has A Mind Of Its Own: Introduction to Neurofeedback Training with Michael Andes • First Thursday of Oct., Nov, and Dec.; 7-9 p.m. • This will be a discussion of successful uses of neurofeedback, demonstration of NF process and comparisons to psychotherapy and use of medication for addressing symptoms. Free and open to the public. Call 662-5215; mandes@comcast.net.

Healing Your Family Tree, Healing Your Family Soul and Illness and the Soul: Three-Part Series with Edward Lynch • Sept. 22-24 or Nov. 3-5; Friday 7-9:30 p.m., Saturday 10 a.m.-4:30 p.m., Sunday 10 a.m.-4:30 p.m. • What if a man's rage towards his wife is really the rage of his grandfather towards his grandmother? What if a pregnant teenager is trying to atone for a secret abortion that happened in the family? $25 for Friday. $95 each for Saturday and Sunday. Discounts for teachers, students, seniors, couples and groups. Call Jeanett de Muir at 313-875-2127 or Jane McLaren at 313-248-4410; hellingermichigan@comcast.net.

Travel

Healthful Hideaways – Regional Renewal/Relaxation Options – A presentation by Petula Brown, Michigan travel writer, at Crazy Wisdom's Community Room · November 8, 7:30-9 PM · If you want more background on retreat locales profiled over the past few years in the *Crazy Wisdom Community Journal*, or you are not familiar with the many retreat options within a few hours of the Ann Arbor area, come to this presentation. Learn about the unique characteristics of area venues, activity plans for the winter season, and receive materials that include tips on ways to make the most of your retreat getaway. A perfect time to plan a winter escape. $5 (materials fee). For more info, call Petula Brown at 313-598-6319.

Womenspirit

SpiritSisters Women's Circle • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 7-9 p.m. • Renew your spirit! Discussion and sharing group for women with interests in spirituality, relationships, empowerment, metaphysics and healing. Feel free to bring any diving tools like tarot, rune stones, etc. to share. $3. Call Lorna at 428-8748; starlab6@aol.com.

The Women's Circle with Julie Cook and Creative Spirit Center• Sept. 13, Oct. 11, Nov. 8, Dec. 13 • Issues of aging and embracing the inevitable in September. Learn about Ayurveda in October. Explore many types of meditation in November. Focus on journaling in December. $12 per evening. Call Colleen, Suzanne or Linda at 989-837-1885; creativity@creativespiritcenter.org.

Getting to Know Horses and Yourself: A Hands-On Workshop for Women with Karen Hoffman and Vicki Yelletz • Sept. 23, 9-1 • Equine Assisted Growth and Learning is a growing field in which participants learn about themselves and others by participating in activities with horses and then processing those experiences. Women will participate in a fun journey of discovery through interaction with horses and each other including activities both on the ground and on horseback. The emphasis is on fun, growth, and learning in a supportive environment. $75 for one-day class. $75. Call Karen at 248-318-9787; primoplace@comcast.net.

A Circle of Women: Musing over Mugs with Mary McDevitt of Visitation • Nov. 11, 18, 25, Dec. 2, 9, 16; 10-Noon • "The world grows stronger as each story is told."~Japanese proverb. The more we share our stories, the more rooted and connected we become within ourselves, with each other and within the Mystery of God. Mary will facilitate a group of women who want to share the grace and challenges of their life in a faith setting. Free will offering. Call 734-242-5520; visitation@ihmsisters.org.

Know Your Goddess: Isis, Astarte, Hecate and Diana with V. Brighid Snowdon • Sept. 13, Oct. 23, Nov. 15, Dec. 13; 6-9 p.m. • You may know the chant which lists the Goddesses, but do you know whom you are invoking? Find out more about their energies and stories. Learn songs, prayers and practices specific to each. Each month devoted to one Goddess, in the order listed. $25 per class. Call 905-4206; designwitch@earthlink.net.

Women's Mysteries with Bronwen Gates • Eight Mondays starting Sept. 25, 6-9 p.m. • Learn about moon magic, and the mysteries of conception, birth, death and the blood mysteries. Open to the gifts of oracular wisdom and healing. Includes light supper. No class Nov. 6. $180 in advance or $200 at first class. Call 975-8754; bronwild@aol.com.

Writing

Get Your Writing Done with David Storer • Mondays, Sept. 25-Dec. 11; 12:30-3 p.m. at Crazy Wisdom's Community Room • This class is everything you need as a writer that you probably never got in a critique group or workshop. It includes weekly lessons that focus on building your creative skills such as how to get past our fears and blocks, how to balance structure with letting go and how to unleash our creative energy. The group is supportive and noncompetitive. $300. Call 663-5790; davidstorer@msn.com.

A Day to Write: A One-Day Writing Retreat with David Storer • Oct. 14 • Give yourself (and/or a loved one) the gift of one whole day with nothing to do but write. Launch a writing project or reconnect with an old one, tap into the motivating power engendered by a group of people all honoring their writing in peaceful surroundings and a supportive atmosphere. Breakfast and lunch included. $75. Call 663-5790; davidstorer@msn.com.

Yoga

Yoga Classes through Tree of Life Studio in Chelsea • Classes offered at various times • $60 for six weeks or $12 drop-in. For complete information, call 433-0697; www.treeoflifestudio.org. **To learn more about Tree of Life Studio, read about them in the Around Town column in this issue of *The Crazy Wisdom Community Journal*.**

Restorative Flow Yoga with Shannon Martin, and Sondra O'Donnell • Wednesdays Sept. 13- Dec. 27, 7:45-9 p.m., Tuesdays Sept. 12-Dec. 26, 9:30-10:45 p.m. • Slow, steady restorative Vinyasa-style-focused breath with slow movement through postures reduces stress, increases awareness and brings balance to the body, breath and mind. Perfect for beginners and beyond. $12. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Mommy and Baby Yoga Series with Nicole Tysvaer • Mondays Sept. 11-Dec. 18, 11 a.m.-12 p.m. • The mommy and baby series provides a nurturing, calming space for babies and their caregivers. Adult postures, stretches and toning help to restore and rejuvenate the postnatal body. Baby poses are designed to promote development, good digestion, relaxation and heartfelt bonding time with mom. Also a time to network and share parenting experiences with each other. This class is for infants before they begin to crawl. Free intro Sept. 11. $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Mommy and Toddler Yoga Series with Nicole Tysvaer • Mondays Sept. 11-Dec. 18, 10-11 a.m. • The mommy and toddler series provides a nurturing, calming space for toddlers and their caregivers. Adult postures, stretches and toning help to restore and rejuvenate the caregiver. Toddler poses are designed to promote delightful exploration of the developing child through yoga, good digestion, relaxation and heartfelt bonding time with mom. Also a time to network and share parenting experiences with each other. Free intro Sept. 11. $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Yoga for Preschoolers with Sondra O'Donnell • Tuesdays Sept. 12-Oct. 31 and Nov. 7-Dec. 19, 11-11:45 a.m. • Positive and playful, this yoga uses age-appropriate songs, stories and games to explore conscious breath, yoga postures and cooperation with others. Yoga helps children become self-confident and aware, stronger and more flexible. $72 or $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Yoga for Children Grades K-5 with Sondra O'Donnell • Mondays Sept. 11-Oct. 30 and Nov. 8-Dec. 20, 5:15-6 p.m. • Positive and playful, Yoga for Youth uses age-appropriate songs, stories and games to explore conscious breath, yoga postures and cooperation with others. Yoga helps children become self-confident and aware, stronger and more flexible. $108 or $12 drop-in. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Soaring Flow Yoga (advanced) with Michael Gibson-Faith • Fridays 5:30-6:45 p.m. • Take your practice to the next level with this invigorating challenging flow. This class induces introductions to some of Yoga's more tantalizing poses including arm balances, deep backbends, and fun creative vinyasa sequences. Please have at least one year of consistent yoga practice as well as no major injuries. $12. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Enhancing the Flow Weekend with Simon Park • Oct. 13-15, three day all inclusive work-shop, or individual public classes • Join us for a series of workshops by NYC-based Simon Park, who teaches Vinyasa, Yogic arts and Thai massage workshops and teacher's trainings nationally. Simon is senior assistant to Shiva Rea, traveling with her throughout the world teaching the invigorating and transforming prana vinyasa flow. More info on Sun Moon's website. Price varies. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Embodying the Flow: Four-day Vinyasa Intensive with Twee • Nov. 16-19, public is also welcome to sign up for individual classes • Explore the principles of practice and alignment, the integration of pranayama, bandha and asana, creative sequencing and adjustments, cultivation of meditation, and tools for embodying the flow in practice, teaching and in daily life. For yoga teachers and experienced students. Workshop qualifiers for Yoga Alliance CE credits for yoga teachers. Hours may also be counted towards Shiva Rea's 200-hour vinyasa flow teaching training. Price Varies. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Spirited Flow Yoga with Sondra O'Donnell and Michael Gibson-Faith • Ongoing sets on Mondays, Thursdays, and Saturdays starting Sept. 11-Dec. 24 • Vinyasa-style-focused breath and movement through postures fills you with energy and focus mentally to feel totally alive. Best for those without major health limitations who want a lively, invigorating practice that builds strength and calms the mind. $12. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Better Backs Yoga with Sondra O'Donnell and Shannon Martin • Ongoing Mon. 7:45-9 p.m., Wed. 6:15-7:45 p.m., Thur. 11-12:15 p.m., Sun. 10:30-11:45 p.m., beginning Sept. 11-Dec. 24 • Classic yoga postures and techniques are used to strengthen and maintain the health of the spine and back muscles while soothing tension throughout the body. $ 12. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Prenatal Yoga with Barbara Brookens-Harvey • Tuesdays Sept. 12-Dec. 26, 6:15-7:30 p.m. • Classic Yoga postures, breath and techniques for awareness and centering to support the birthing experience and motherhood. $12. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Yin Yoga with Michael Gibson-Faith • Thursdays Sept. 7, Dec. 28, 7:15-8:30 p.m. • Yin Yoga is a more passive form of yoga which postures (mostly seated, although some standing and back bending postures are utilized) are held for longer periods of time (3-5 minutes). The emphasis is towards working into the connective tissue and joints all through the body rather than just the surface muscles layers. This class gives students an opportunity to cultivate deep awareness, mindfulness, and relaxation. $12. Call 734-929-0274; Sondra@sun-moon-yoga.com.

Sun Moon Teacher Training Program with Sondra O'Donnell • Sundays, Sept. 10-Jan. 7, 1-6 p.m. with additional practice required • Upon completion of the program, participants will be certified by Sun Moon Yoga School and will be eligible to register with the Yoga Alliance. Yoga teacher training is the beginning of a lifetime of learning, study and sharing with others. With completion, students can expect a strong foundation in the philosophy, practices and techniques of yoga and how to share yoga with others in a safe, effective, inspiring way. $2,150 with early registration discount offered. Call 734-929-0274; Sondra@sun-moon-yoga.com.

YogaMoves with Gail Rucker Sponsored by OmMoves, LLC. Studio • Beginning Sept. 12, Tuesdays 6-7:15 p.m., Thursdays 11-12:15 p.m. • Experience the basics of alignment, attitude and action, yoga philosophy, classical postures and creative poses. Anusara-style alignment principles, small classes, loving atmosphere. All levels are welcome. $15. Call 734-994-3777; mymoves@aol.com.

Yoga Classes with Christy DeBurton at The Yoga Room • Dates and times vary • Vinyasa, Ashtanga, Hatha, and Kundalini yoga classes offered mornings, evenings, and weekends. Small class sizes allow for individual attention and manual adjustments. Stay for tea after class! For times, dates, and cost, call 761-8409; info@christydeburton.com.

The Crazy Wisdom Calendar

Yoga Classes through Inward Bound at Friends Meetinghouse • Various classes offered • Inward Bound offers four levels of Hatha Yoga instructional classes, taught by with Martha Laatsch, Lynette Smith, Barbara Brookens-Harvey, and Janine Bennett. For complete brochure, call 327-4963; info@ibyoga.com.
Additional ongoing drop-in classes:
Astanga Yoga with Jonathan Tyman • Saturdays, 8:15-10 a.m. • Call 997-9344; tyman@internet2.edu.
Viniyoga to Music with Sandy Hines • Mondays, 4:30-5:30 p.m. • Call 428-9604; sjhh@umich.edu.
Deep Stretch with Cathy King • Thursdays, 4:15-5:15 p.m. • Call 517-592-8017; kingcm@dmci.net.
Postures to Sacred Music with Cathy King • Thursdays, 5:30-7:15 p.m. • Call 517-592-8017; kingcm@dmci.net.
Wake-Up Yoga with Janine Bennett • Wednesdays, 7:30-8:30 a.m. • Call 761-6823; jh_@yahoo.com
Wake-Up Yoga with Roddy Wares • Fridays, 7:30-8:30 a.m. • Call 761-6980, roddywares@aol.com
Special sign-up classes:
Yoga Flow For Continuing Students with Martha Laatsch • Tuesdays, 5:45-7:15 p.m. • Call 930-0408; rseklaoui@earthlink.net.
Morning Yoga with Lynette Smith • Tuesdays, 9:30-11 a.m. • Call 995-0741; lynettes@umich.edu.
Gentle Flow with Martha Laatsch • Tuesdays, 7:30-9 p.m. • Call 930-0408; rseklaoui@earthlink.net.
Kripalu Yoga with Lisa Hojnacki • Thursdays • 10:30-12 p.m. • Call 734-272-5565; lili_hoj@yahoo.com
Prenatal Yoga with Marlene McGrath • Fridays, 9-10:30 a.m. • Call 930-1970; marlenemamayoga@yahoo.com.
Postnatal Yoga with Marlene McGrath • Fridays, 10:45-12 p.m. • Call 930-1970; marlenemamayoga@yahoo.com.

Yoga I Classes for Beginning Students at Zen Buddhist Temple • Six Tuesdays starting Sept. 12 and Oct. 24, 6-7:15 p.m. • Students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructor, Haju Murray, was trained by the Sivananda Yoga Organization and combines that experience with meditation training. Classes fill quickly, so register early. $60 for six sessions. Call 761-6520; a2buddha@provide.net.

Yoga II Classes for Students with Some Yoga Experience at Zen Buddhist Temple • Six Tuesdays starting Sept. 12, Oct. 24, 7:30-9 p.m. or Six Thursdays beginning Sept. 14, 7-8:30 p.m. • Students build on knowledge of the basics of postures, breath work, relaxation, and meditation. The instructor, David Black, was trained by the Sivananda Yoga Organization. Classes fill quickly, so register early. $60 for six sessions. Call 761-6520; a2buddha@provide.net.

Anusara Style Yoga: Beginning and Open Level Classes with Michele Bond through Yoga House • Fall session Sept. 10-Dec. 23 • Anusara is a unique method of hatha yoga that blends therapeutic alignment principles with the creative expression of the human spirit. Anusara emphasizes grace, simplicity, alignment and enjoyment. Anusara aims to awaken and express joy. Day, evening and weekend classes. Trial classes available. $144 for 12 weeks. Call 358-8546; www.yogahouseannarbor.com.

Yoga Happy Hour with Michele Bond through Yoga House • Ongoing Fridays, 5:45-6:45 p.m. • After work or a long day, enjoy a drop-in Restorative Yoga class that calms your nerves and quiets your mind while it relaxes your body. Relieve stress with gentle, supported postures that require no yoga experience to enjoy. Blissfully habit-forming. $10. Call 358-8546; www.yogahouseannarbor.com.

Yoga for Athletes with Michele Bond through Yoga House • Sept. 12-Dec. 19, Tuesdays, 7:45-9:15 p.m. • Take your athletic performance to the next level. Increase strength, flexibility, agility, balance, mental focus and concentration. Learn how correct alignment enhances joint function, decreases the risk of injury and can aid in healing pre-existing injuries. Learn how yoga can help you realize your full potential. $144. Call 358-8546; www.yogahouseannarbor.com or michele@yogahouseannarbor.com.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • Fall session begins Sept. 11 with day, evening and weekend classes • All levels of classes, including gentle and prenatal, in a beautiful, well equipped studio. $12 per class, $15 drop-in. Call 668-7730; www.yogafocusannarbor.com.

Iyengar/Hatha Yoga Classes through The Studio • Various classes offered • For complete information and costs, call 995-5344; www.ypsistudio.com.

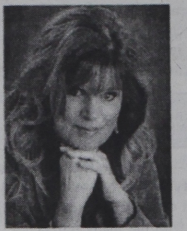
Yoga vs. Yoga Therapy with Ema Stefanova • Oct. 28, 2:30-5:30 p.m. • Health benefits and contradictions of yoga and meditation will be presented, practices for specific physical/ mental illnesses. Call 665-7801; www.yogaandmeditation.com, or emastefanova@cs.com.

Breathe Your Way to Perfect Health with Yoga with Ema Stefanova • Oct. 21, 2:30-5:30 p.m. • This workshop is for participants ages 14 and up to learn methods of yoga breathing, that promote physical, mental and emotional health, as well as leading to higher levels of meditation and self-realization. The emphasis will be on breathing practices recommended for the cold weather season. Call 665-7801; www.yogaandmeditation.com, or emastefanova@cs.com.

Gentle Yoga with Ema Stefanova • Sundays 5-6:30 p.m., Mondays 6:30-7:45 p.m.; Tuesdays 7-8 p.m. also 9:30-10:30 a.m.; Wednesdays 6-7 p.m.; Thursdays 9:30-10:30 a.m. • This adult gentle yoga class is for both beginners and continuing students. Classical Satyananda yoga peacefully energizes you and helps you establish a solid home practice. Easy to do, yet powerful postures are presented as sequences with breath awareness. Traditional deep yogic relaxation and meditation helps you have a healthy body, emotional stability, and heightened mental awareness. The instructor helps you adjust your practice to your own level. For cost call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Children's Yoga: Grades K-5 with Ema Stefanova • Starting Sept. 18, 5:15-6:15 p.m. • This is a yoga and meditation class to develop coordination, concentration and focused awareness through traditional yoga and meditative training for children of this age. Call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Ghosts: Monsters or Miracles?

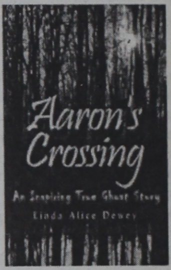


Get a new perspective on an old topic, Ghosts, as the author shares what she learned first-hand from a ghost named Aaron.

Lecture and book signing with Linda Alice Dewey. Crazy Wisdom Bookstore Saturday, September 9th 10:30 a.m. to Noon.

Workshop - Ghosts: Monsters or Miracles with Linda Alice Dewey 1 to 4 p.m. at Crazy Wisdom Bookstore
$30 in advance, $40 at the door • Please contact Linda directly for workshop reservations at lina@lindaalicedewey.com or 231-642-0742 (leave message).

Michigan native Linda Alice Dewey is the author of *Aaron's Crossing: A Real Ghost's Story of a Life Healed in the Afterlife*. Born in Detroit, Michigan, Linda Alice Dewey was raised in a family with a metaphysical belief system that did not include ghosts. However, in 1987, she began exploring New Age metaphysics, developing her spiritual skills, and embarked upon a fresh spiritual journey.



From a forlorn cemetery in Northern Michigan, an ethereal presence follows the author home. Years later, he returns to channel his perceptions of life and death through her...

Kidnapped at the age of four by his father, Aaron Burke knows moments of great joy as his life progresses, but after the death of his wife, he cannot bear to look upon his children in whom he sees her face, and abandons them. Several years later, he falls to an inconsequential death.
Shielded from contact with everything he ever cared about and stuck in a seemingly meaningless existence as a ghost, Aaron examines his role in life and recognizes within himself the patterns that created his own misery, then takes corrective measures. In 1991, the author comes upon him in a cemetery. They communicate in human and ghostly ways and after sensing his plight, she commits to helping him find a way to cross over. Published by Hampton Roads Publishing Company.

Crazy Wisdom Bookstore and Tea Room
114 S. Main St. Ann Arbor • 734-665-2757 • www.crazywisdom.net

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Teachers, Lecturers, Workshop Leaders and the Centers

Aaron was "a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition."

Mas Abe is a choreographer and performing artist.

Lisa Abrams has studied many yoga traditions, including Bikram, Iyengar, Kriya, and Jain Preksha yoga.

Betsy Adams has worked with animals for 30 years. Her teachers in ego-transcendent process work are Brenda Morgan and Michael Silverman.

Linda Adamcz, LMSW, is a certified practitioner of integrative breathwork and psychospiritual integration through Eupsychia Institute in Austin, Texas.

Jeanne Adwani has worked with tarot since the 1970's and has taught at Crazy Wisdom for 4 years.

Laurie Akerros, BA, MA, LMT, is a member of the International Network of Esoteric Healing worldwide teacher group, and has had 25 years of training and experience in alternative healing modalities, including craniosacral therapy, esoteric healing, massage and vibrational essence therapies.

Elizabeth and Maurice Alberda, each with a MA in Literature, co-created Creative Integration and have been teachers of Bioenergetic Analysis and shamanism for over 20 years.

Patricia Michalski Altrater, MA, helps people transform their lives through one-on-one coaching and group presentations.

Michael Andes, MSW, is a workshop presenter and therapist with 35 years experience as a general practitioner.

Ann Arbor Art Center is a community visual arts center that provides monthly exhibitions, a gallery shop featuring work of local and regional artists and classes, and workshops for all ages and skill levels.

Ann Arbor Institute of Massage instructors are highly trained to assist each student on an individual basis. They are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork.

Leland Austin, MA, is a Certified Advanced Rolfer and has practiced Rolfing for 21 years. He studied Bodynamics, a body-oriented psychological work from Denmark, for five years as well as the spiritual practice of the Diamond Approach for eight years.

Aruna Olga Bachmann is a longtime mantra meditator and student of Jain Master Gurudev Shree Chitrabhanuji.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher and Certified Transformational Breath Facilitator and has taught connected breathing for over 25 years.

Gail Balden, an educator with over 25 years teaching experience, is founder and director of Creative Journeys, an organization on the Oregon coast designed to bring women together to nurture their creative spirits and honor their creativity through writing.

Beth Barbeau has spent over 20 years transforming her passion for babies into the art and profession of childbirth educator, labor and postpartum doula, and homebirth midwife.

Ann Barden, Cassie Cammann, Larissa Czuchnowsky, David Lawson, Frank Levey, Kevin Smyth, Peg Tappe, Susan Weir, Jim Whiteside, and Lisa Zucker are Deep Spring Center teachers who have many years Vipassana practice, and teaching experience and training through the DSC teacher's training program.

Robin Becker is a teacher, professional dancer, choreographer, and Authorized Continuum Teacher since 2001. She has studied the Sufi tradition for 20 years.

Deanne Bednar is an educator, artist, and coordinator of the Strawbale Studio Natural Building Project – a thatched roof, sculptural structure in Oakland County. She has illustrated three books on natural building.

Christi Bemister has practiced energy anatomy healing since 1990, specializing in healing relationships. She is a six-year graduate of the Barbara Brennan School of Healing.

Ildiko Benyak, born in Hungary, received her Hungarian Esthetician license, then came to the U.S. 15 years ago when she earned her Cosmetologist and Esthetician licenses.

Betsy Bergstrom is a full-time medium, sensitive, and shamanic practitioner from Seattle. She is also graduate of the Foundation for Shamanic Studies Three-Year Program.

David Black was trained by the Sivananda Yoga Organization and has several years experience with other yoga styles.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. Her career has included 20 years as owner/creative director of an award-winning advertising agency and seven years as a co-founder of an Ann Arbor art gallery.

John Bodary, MS, RPP, is the founder of the Polarity Center. He has taught Polarity for 25 years.

Eileen Bond, ACSW, MSW, utilizes hypnosis in her psychotherapy and behavioral medicine practice, specializing in anxiety, stress reduction, and spiritual growth.

Michele Bond is a student and teacher of Anusara yoga. Her yoga practice began in her teens and continues to grow under the guidance and mentoring of John Friend, founder of Anusara yoga.

Swami Brahmavidyananda, from Satyananda Ashram, has attained masterful understanding of the science of yoga and teaches classes and seminars.

Michael Bratcher, NCTMB, combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy, and Chinese Energetic Medicine.

Seth Braun is a certified Holistic Health Counselor and graduate of the Institute for Integrative Nutrition and author of *Healthy, Fast and Cheap for College Students*.

Patty Brennan has 23 years experience working as midwife, doula and childbirth educator. She is founder and Executive Director of Center for the Childbearing Year.

Sissel Bridges holds a Masters Degree in Psychology from the University of Bergen, is a licensed massage therapist, and has studied art and esthetics. She is from Norway.

Barbara Brodsky is the founding teacher of Deep Spring Center and is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Barbara Brookens-Harvey, LMSW, has studied yoga for 15 years and taught for five, specializing in classes for children, mothers, and families.

Petula Brown has written travel material for over three years, with an emphasis on wellness, family and multicultural venues. Her work has appeared in the *Ann Arbor News*, *AAA Living* and *Pathfinders* magazine, as well as in the *Crazy Wisdom Community Journal*. She lives in Ypsilanti.

Diane Byrne is a workflow and productivity coach, creative art director, certified conscious relationship coach and body-mind vibrance coach artist.

Carolyn is a Reiki master and certified Hypnotherapist.

Kapila Castoldi, physics and astronomy lecturer, has studied meditation under the guidance of an Indian spiritual teacher for 20 years.

Center for Eating Disorders has provided treatment and support services since 1983.

Raj Chehl, MA, LLPC, NCC, is in prvate practice as a psychotherapist.

Center for the Childbearing Year is a nonprofit educational and charitable agency founded by Patty Brennan.

Gurudev Shree Chitrabhanuji is a Jain Master and visiting teacher to Lighthouse Center.

Cynthia Conklin is a graduate of the Ohashiatsu program and has been practicing professionally since 2000.

Julie Cook is a certified massage therapist.

Ericka Courlander was introduced to Dances of Universal Peace in North Carolina eight years ago.

Nancy Crisp, psychic counselor since 1988, offers individual readings as well as workshops.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Elizabeth Cunningham, descended from nine generations of Episcopal priests and author of four previous novels, spent 15 years researching and writing *The Maeve Chronicles* trilogy, including travels to Rome, Israel, and the British Isles. The characters in the books are based on people found in history books or in the Gospels themselves.

Dance Gallery Studio is Ann Arbor's only non-profit center for dance with a full curriculum of adult and children's classes. They are also home to the Peter Sparling Dance Company.

Patricia Danks, IHM Associate, has been in private practice for 20 years with a specialty in Jungian psychotherapy. She serves as Family Life Counselor at St. Thomas Becket Catholic Church in Canton.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998.

Nicholette DeMeulemeester holds a bachelor's in metaphysics, and is a shamanic practitioner and healer.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support the teachings. It is governed by a Board of Directors with Barbara Brodsky as guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Its senior teachers include Dianne Austin, Ann Barden, Carol Blotter, Cassie Cammann, Dorothy Ann Coyne, Mary Grannan, David Lawson, Susan Weir and Jim Whiteside.

Eileen Dickinson, Certified Trager Practitioner, has 25 years experience as a physical therapist. She serves as tutor, workshop leader, and class organizer for Trager International, and is co-founder of OmMoves.

Gary Dolce has been practicing Shorinji Kempo for over 25 years and has a 5th degree black belt and teaching certification from the World Shorinji Kempo Organization in Japan. He has taught in Ann Arbor since 1991.

Katie Doyle is Associate Director of Ann Arbor's Ozone House.

Anne Duffy is a natural health consultant and spiritual growth facilitator.

Kate Durda, graduate of the Foundation for Shamanic Studies, is a shamanic practitioner and teacher who has worked extensively with Sandra Ingerman.

Dori Edwards, member of LikeWater Drum and Dance, has studied West African dance for almost a decade and travels to conferences around the U.S. as well as intensive studies in Africa.

Ryan Edwards, member of LikeWater Drum and Dance, has been drumming, performing and studying for 15 years in the U.S. and West Africa.

Tom Egan is a teacher of spiritual development, and a longtime student of Brenda Morgan and Michael Silverman.

Connie Eiland and Michael Lee, shamanic practitioners, are graduates of Sandra Ingerman's two-year teacher training.

Charles Eisenstein is an author, yogi, Penn State faculty member, and father. His 2003 book, *The Yoga of Eating*, was a Nautilus Award finalist.

Adrianne Eliseo runs Handiworks, an enriched logical hand reading service in Kalamazoo.

Kate Emens, owner of Aksham Henna, is a local henna artist who travels to festivals during the summer months.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process and works part-time at Crazy Wisdom Bookstore.

Teachers, Lecturers

Susan Fancy is a counselor, spiritual coach, and healer who works with the human energy field using energy, color, sound, crystals, Reiki, guides, and body communication.

Linda Diane Feldt is a local author, teacher, and full time private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing cranialsacral therapy, polarity therapy, massage, and herbology.

Sandra Fernandez, MSPH, is a former medical student and research scientist.

Patricia Fero, MSW, has been providing psychotherapy for over 20 years and is founder of Healing Dynamics. She is author of *Mining for Diamonds*.

Bon Rose Fine has been an avid student of astrology since 1993, and started her practice as a professional eight years ago. She offers private consultations, teaches, writes and lectures, and helps coordinate the Astrology Study Group of Washtenaw County, which she founded in 1994.

James Finley, a clinical psychologist, is the author of *Merton's Palace of Nowhere, The Contemplative Heart* and *Christian Meditation*.

Beverly Fish began studying astrology in 1972 and is on the editorial staff of the ISAR "International Astrologer."

Lori Fithian has been drumming as long as she can remember and facilitates community drum circles and workshops in schools, libraries, workplaces, etc., creating "drummunity" wherever she goes.

Flowering Tree Lodge offers ceremonies and teachings in the Sweet Medicine tradition.

Heather Foster is an affiliated Anusara instructor, a practitioner of yoga for ten years and yoga teacher for over three years. She started her own business as a certified doula, called Creative Origins, in 1998.

Marcella Fox is an intuitive and channel with extensive training in shamanism in Peru, the U.S. and Canada, and is a Reiki Master.

Susan Franke, WMS, is a financial advisor.

John Friedlander is an internationally acclaimed psychic, author and teacher with degrees from Duke and Harvard Law School. He co-wrote *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance.*

Melanie Fuscaldo, LPC, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind, and spirit.

Margaret Gaffney, IHM, is the administrator of Visitation Spirituality Center. Certified in spiritual direction by the Dominican Center for Religious Development in Dearborn, she is an experienced educator and administrator in Michigan Public Schools.

Gaia Center for Holistic Studies is a regional school of medicinal studies and naturopathy.

Eileen Gannon, a Dominican Sister, respresents the Dominican Family at the United Nations in New York.

Bronwen Gates, PhD, is a scientist and mystic with formal training in Biology. She works as a holistic healer, consultant, and coach with more than 30 years experience as a teacher and facilitator.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

Lisa Gayle has practiced craniosacral therapy since 1997. She is a nurse, mother of an adopted son, and former high school science teacher, and now works with infants, children, and adults.

Gehlek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of contemporary western culture allows him to convey Tibetan Buddhist tradition with wisdom, kindness and wit.

Norma Gentile, sound shaman, holds a master's in voice and years of study with esoteric teachers. She has recorded cds of sacred healing chants and coached cast members of Vagina Monologues and Lion King on Broadway.

Michael Gibson-Faith is a Registered Yoga Teacher and workshop presenter.

Donald Goergen, OP, is a Dominican theologian, preacher, teacher, and writer. His most recent book is *The Fire of Love: Encountering the Holy Spirit*.

Ann-Margaret Giovino is a personal trainer whose expertise lies in strength training. She owns and operates her personal training gym, Gym Giovino.

Ray O. Golden, MSE and Reiki Master for over ten years, trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health and has studied psychic development for over 25 years.

Alan Gordon has been an astrologer since 1973, specializing in mid-life transitions, and reads at Renaissance festivals.

Dana Gramprie, RN, MA, is a conscious relationship and life coach and graduate of the Hendrick's Institute Apprentice Program.

Jocelyn Granger is director and founder of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive advanced training in Myofascial Therapy, Neuromuscular Therapy, and Sports Massage.

Shirley Gray is an NCGR Certified Astrologer Level IV, holds the Certificate from the Faculty of Astrological Studies and is certified in astrocartography.

Great Lakes Center for Healing Touch is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community and assisting students to become certified practitioners.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Rena Greenberg is a Hay House author who has conducted weight loss seminars in over 75 hospitals for over 100,000 people since 1990. She is an ordained minister with a Master's in Divinity from the University of Spiritual Healing and Sufism, and is a certified hypnotherapist and nationally certified biofeedback therapist.

Alice Greminger is a graduate of the Alexander Foundation of Philadelphia and has been teaching since 1985.

Christine Griffin, MSW, ACSW, CHt, is a psychotherapist with over 20 years experience and a shamanic practitioner.

Elaine Grohman is an Angel Therapy Practitioner, Certified Healing Touch Practitioner, and Associate Polarity Practitioner, and works with the U. of M. Integrative Medicine and Medical School.

Mark Handler, MA, LMSW, is a psychotherapist, composer, musician, and Amrit yoga instructor.

Nirmala Nancy Hanke is a long-time meditator who teaches meditation classes at the Lighthouse Center. She is also a psychiatrist who integrates psychotherapy, Reiki, healing and meditation in her private practice in Whitmore Lake.

Kathryn Hannan, BA, NCTMB, is a Nationally Certified Massage Therapist and Bodyworker, graduate of the Ann Arbor Institute of Massage Therapy, and instructor at The School of Orthopedic Massage and Bodywork.

Barbara Harvey has over 25 years experience in crafts and quilting.

Barron Hirsch graduated from Cornell Univ. with a MFA in painting and printmaking.

Cinda Lee Hocking, MSW, is a Certified Internal Energy Plus Consultant, first degree Black Sash Kung Fu Instructor, Kang-Nei-Chin Kung Fu, and Medical Social Worker.

Karen Hoffman, Equine Assisted Growth and Learning Association I certified and emotionally impaired K-12 certified, has been a middle school teacher for 15 years, and horsewoman for over 20 years.

Jean Hopkins, Trager Instructor and graduate of Continuum Advanced Teacher Training, has 30 years teaching experience. She holds a MS in Environmental Advocacy/Social Change.

Nina Howard is a Belavi Facelift Massage Specialist, massage therapist, paramedical esthetician, polarity therapy practitioner and owner/director of Bellanina Day Spa and Bellanina Institute.

Ann Hughes serves as president and CEO of Adrian Chamber of Commerce.

Dennis Hunt has had extensive experience with readings related to consciousness and is a beginning meditator.

Molly Ann Indura is a channel who helps her clients clear issues that are energetic, physical, mental, emotional and karmic in nature.

Inward Bound Yoga consists of Barbara Brookens-Harvey, Rebecca Grant, Sandy Hines, Cathy King, Martha Laatsch, Marlene McGrath, Lynette Smith, Jonathan Tyman and Roddy Wares. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions and teachers. All classes emphasize integrated breathing techniques and include a period of relaxation. Barbara Linderman is the program director of Inward Bound.

Mary Irving, SSND, holds a master's degree in theology and a doctor of ministry from Catholic University of America.

Jewel Heart Tibetan Buddhist Center of Ann Arbor offers a graduated study and practice program based on the teachings of Gehlek Rimpoche. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner, and include meditation and discussion.

Jesse Johnson, MA, and **Melva Thomas Johnson**, MSW, ACSW, BCD, are founders of the Johnson Relationship Institute and have been providing relationship education, coaching and consulting for 30 years.

Lisa Johnson, MSA, CHES, has been a Public Health Educator for 25 years and is a Certified Health Educator.

Shaqe Kalaj, BFA, is an artist currently working on her teaching certificate from Eastern Michigan University.

Karen Kerns, RPP, RCST, has taught Polarity since 1997 with practices in Ann Arbor and South Lyon.

Jillian Kerry has been studying Tarot and Astrology for over 20 years. She is certified in both, and has recently passed her Level 1 Astrology exam through NCGR with flying colors! She also has 2 certifications as a Life Coach through Coach Training Alliance and Parent as Coach.

Gen Kelsang Khedrub, ordained in 1995, is resident teacher at Vajrayana Buddhist Center in Chicago.

Gaia Kile is a Family Nurse Practitioner and Mind-Body therapist, with training in Mind-Body skills from the Center for Mind-Body Medicine. He has also trained in hypnotherapy, yoga, tai chi, meditation, peer counseling, and group facilitation.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes and conducts private channeled readings with an emphasis on healing one's life. She offers channeled sessions with St. Germain to remove blocks from previous lives.

Kimmie and Steve, both intuitives, host a popular radio show in Toledo. Kimmie is a clinical hypnotherapist.

Betz King, Psy.D., LLP, has facilitated psychospiritual group work for over ten years.

Carole Kirby has 28 years experience as a therapist, coach and inspirational teacher. She is a certified Imago therapist and workshop presenter and offers therapy for individuals, couples and groups.

Cindy Klement, herbalist, certified iridologist, and certified nutritional consultant, has had a private practice for 23 years.

Greg Knollmeyer is a student and certified Reflexolochi and instructor of Bikram yoga.

Barb Kobe, former graphic artist, began making puppets for her own children. She discovered doll making, and her current specialty is healing dolls.

Workshop Leaders and the Centers

Sister Marie Kopin has a doctorate from the Univ. of Virginia where she attended Dances of Universal Peace.

Julie Kouyate has studied West African dance for almost a decade and travels to conferences around the U.S. as well as intensive studies in Africa.

Laurie Krauth, MA, LLP, has been an Ann Arbor psychotherapist for more than 12 years specializing in the treatment of anxiety, depression, women's, and LGBT issues. LLP permits practice under the supervision of a fully licensed psychologist, Jody Hoffman, PhD.

Kirk Laman, DO, is a board certified cardiologist who helps people struggling with physical, emotional, and spiritual heart problems. He is author of *How to Heal Your Broken Heart*.

Julie Lappin is a senior practitioner for Donna Eden and works with and teaches clients nationally and locally.

Lori Larson has studied eastern astrology and Qi Gong since 1999, and has practiced transcendental meditation for 28 years.

Nancy Liebler, Ph. D., is a psychotherapist with 26 years experience.

Mary Light is a naturopath, master herbalist, and multi-level bodyworker offering health services and educational programs since 1992.

The Lighthouse Center is a nonprofit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Like Water Drumworks is a Washtenaw County based group of drummers and dancers specializing in traditions from Guinea, West Africa. They teach and perform in schools and communities across the state.

Michele Loewe, ND, trained at the John Bastyr College of Naturopathic Medicine in Seattle and practices naturopathic medicine at the Huron River Valley Naturopathic Clinic in Ann Arbor.

Dr. Edward Lynch, professor in Southern Connecticut, has more than 30 years experience as a family therapist.

Etta MacDonagh-Dumler completed a two-year training program with Caroline Myss in Chicago. She is a native of Ireland and is a spiritual director, guide, annd weaver.

Maestro is a master percussionist with global travel experience.

Gloria Marshall holds a BA in English and Sociology, and is trained in Reiki and animal communcation.

Joyce Martell, MA, LLP, is a therapist in Troy and at Renaissance Unity in Warren.

Shannon Martin, RYT, has practiced yoga since 1997 and received her RYT teaching certificate from Namaste Yoga in Royal Oak.

Debbie Mast is a 21-year apprentice to the Sweet Medicine SunDance tradition and has taught internationally for 15 years. She is co-leader of the Flowering Tree Lodge and instructor in the Red Lodge shamanic training program.

Dawn McCalla, MSW, has worked in the fields of addiction and trauma recovery for over 20 years with individuals, families, and couples. She has co-facilitated Tapestries for four years.

Diane McCarthy, MSW, is owner of Authentic Connections Coaching and specializes in providing business and personal relationship coaching.

Barb McConnell, Licensed Practical Nurse and Certified Healing Touch Practitioner and Instructor, has a private practice in Grass Lake. She volunteers at Great Lakes Center for Healing Touch and Passages Retreat Center.

Jim McDonald, community herbalist and medicine maker, has been practicing herbcraft for 11 years.

Lani Kwon Meilgaard is a member of the International Coach Federation with personal experience in overcoming childhood trauma, workaholism, chronic back pain, and depression. She holds an MA in Creative Writing from the University of Colorado.

Gary Merel is a licensed Acupuncturist and M.S. in Oriental Medicine with six years experience. He practices out of the Acupuncture Center of Ann Arbor.

Paul Meyer, MD, is board certified in family practice, and focuses on holistic medicine.

Michiga Vipassana Association is a nonprofit group of volunteers that organizes meditation courses in Michigan, based on the teachings of S.N. Goenka and Sayagyi U Bakhin of Burma.

John and Sylvia Middlebrooks have studied the Sufi path of the heart for the past 24 years. Both are Certified Leaders of the Dances of Universal Peace.

Richard Miller has over 25 years experience in traditional Chinese martial arts.

Bettina Mollica, OP, is an Adrian Dominican Sister and holds a Master of Arts Degree in Formative Spirituality with a certificate in Clinical Pastoral Care from Mount Carmel Medical Center.

Brenda Morgan experienced a spiritual transformation of "Inner Enlightenment/No Mind Within" beginning in 1989 as she became aligned to the Holy Spirit. She continually explores how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it.

Vera Lucia Moura, a psychiatrist and psychoanalyst trained in Brazil, has over 20 years experience as a health care provider. Since 1999, she has been student of the "Wisdom of the Andes" under Iachak Alverto Taxo and began studying shamanism in 2004.

Rebecca Mullen, MSW, has 30 years experience within the fields of psychology and dream evaluation with a strong Jungian orientation.

Jim Mullin-Norgaard is a peacemaker, life coach, and carrier of the Celtic spirit. He teaches college courses in the art of peace and Celtic spirituality.

Haju Murray, resident priest of Zen Buddhist Temple in Ann Arbor, was trained by the Sivananda Yoga Organization and has extensive meditation training.

Gwyn Nagy, as HeartSinger, accesses other dimensions using her voice to assist her energy healing work.

Ramesh Narula, BSME, MBA, workshop facilitator, has been a practitioner of yoga and meditation for 50 years.

New Moon Midwifery is an active homebirth midwifery practice serving the Ann Arbor and surrounding community.

Nirmala Nancy Hanke, MD, is a long time meditator and Lighthouse member teaching beginning and advanced meditation classes at Lighthouse Center. She is also a psychiatrist integrating psychotherapy, Reiki healing, and spiritual practice with her patients.

Peter Norlin and Bill Cupples, life partners for 28 years, hope to initiate an ongoing, self-facilitated support group for gay male couples.

Bridget O'Brien studies herbs, plants, and gardening, and has been a student of elementary education.

Sondra O'Donnell, EYRT, is a twice-graduate of the Radiant Child Yoga Program and the founder of Sun Moon Yoga. She has practiced yoga since 1989 and taught since 1998.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He lives in North Carolina, teaches at Duke University, and has taught meditation since 1979.

Lucinda Orwoll, PhD, is a licensed psychologist who combines transpersonal with traditional approaches, including clinical hypnosis, meditation, and energy psychology.

Craig Parian trained at the International School of Shiatsu, and his 35-year study includes yoga, meditation, and healing.

Simon Park teaches vinyasa, yogic arts, and Thai massage workshops and teacher's trainings. He lives in NYC, practices with Dharma Mittra, and tours with his teacher Shiva Rea.

Genie Parker has trained and taught Wu style Tai Chi Chuan for over 17 years.

The Pathwork is a spiritual path of self-purification and self-transformation on all levels of consciousness. The teachings emphasize honest self-examination to remove and overcome inner obstacles that keep one from living fully in God-self.

Performance Network is a local, not-for-profit professional theatre offering plays year-round.

Amy Pershing, LMSW, ACSW, is the clinical director of The Center for Eating Disorders in Ann Arbor and has conducted body image workshops for more than ten years.

Jan Phillips is the author of *The Art of Original Thinking: The Making of a Thought Leader*, *Divining the Body*, *Marry Your Muse*, *God Is At Eye Level*, and *Creating Peace*.

Marjorie Pivar worked for the past 20 years as a Shiatsu therapist in the field of alternative medicine.

Carol Quigley, IHM, MA, is the director of novices for the IHM Congregation. Former president of the IHM Congregation and the National Leadership Council of Women Religious, she is certified in spiritual direction by the Dominican Center for Religious Development in Dearborn.

Kathy Roberts is an interior designer and Certified Practitioner of Feng Shui from the Interior Alignment School of Denise Linn, incorporating Western Feng Shui and Native American traditions.

David Rosenberg is a certified yoga teacher in the Iyengar tradition since 1993.

Anita Rubin-Meiller, MSW, has worked in the fields of addiction and trauma recovery for over 20 years with individuals, families, and couples. She has co-facilitated Tapestries for four years.

Ruchi has been practicing Sahaja yoga meditation for ten years and is doctoral student at the Univ. of MI.

Gail Rucker has taught yoga and movement for 35 years and incorporates the principles of Anusara alignment, artistry of expressive movement, Phoenix Rising Yoga Therapy, and Siddha Yoga meditation in her classes.

Merilynne Rush, CM, and **Amanda Smith**, CAM, of New Moon Midwifery are homebirth midwives with an active practice serving the Ann Arbor area community.

Renee Rutz, RPP, RCST, has taught Polarity Therapy since 1998 with a practice in Ann Arbor.

Sacred Song is a multi-ethnic choral group that sings acapella and accompaniment on guitar, bass, keyboard and percussion.

Sue Salaniuk, Sally Rutzky and Nancy Udow are Iyengar Yoga National Association Certified Instructors and have between 10-24 years teaching experience.

Sandya (Sandra Shears) is a lightworker and vibrational practitioner since 1990.

Sal Sanfratello is a skilled woodsman, having learned his skills in the U.S. Army. He has been a teacher of swordfighting for over ten years.

Oscar Santillan, an indigenous musician from Otavalo, Ecuador, has performed internationally and makes most of the instruments he plays.

Rhonda Schinke is a trained Sensei Master and holds a Masters Degree in Guidance and Counseling. She is founding member of The Reiki Foundation.

Linda Leedy Schneider is a poet, faculty member at Kendall College of Art and Design, and psychotherapist in private practice.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing run by a group of professional healers and progressive counselors commited to the highest ideal of unconditional love in all they do.

Suzanne Schreiber, OP, is a photographic artist and musician with degrees in art, art education, and religious studies. She ministers in a variety of settings.

Susan Sharkey, an Adrian Dominican Sister, is a professor of Sacred Scripture at the Oblate School of Theology in Texas.

Teachers, Lecturers, Workshop Leaders and the Centers

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits and aptitudes, career, relationships, business, wealth and wellbeing, as well as all other aspects of life.

Malcolm Sickels, MD and graduate of UM Medical School, is board certified in family medicine and holistic medicine with a private practice in Ann Arbor.

Victoria Silks is certified by Art and Science International Academy of Color Technologies as an advanced Level 3 Auro-Soma teacher, and has been working with Auro-Soma since 1995.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year and as an Infant Massage Instructor. The focus of her work is on the special needs of women during pregnancy, birth, and postpartum.

Lynlee Sky is a yoga instructor certified in the Iyengar method of yoga.

Helen Slomovits, musician and energy healer, practices BodyTalk in Ann Arbor and plays harp, flute and drums.

Laz Slomovits, of the folk duo Gemini, has played in Michigan and across the U.S. for over 30 years.

SMART (Southeast Michigan Astrologers' Round Table) is a consortium of series astrology students and professionals who have been meeting since 1994. They are a forming chapter of the National Council for Geocosmic Research.

Linda Smith, founder and director of Creative Spirit Arts Center, holds degrees in art, dance and theater.

Rodney Smith, with a background in engineering, theology, art, and metaphysics, began using mathematical synthesis with astrological symbols in 1998.

V. Brighid Snowdon, witch, priestess, healer, and herbalist, has been focalizing the Full Moon Circle since 2001. She has studied herbalism at the Northeast School of Botanical Medicine in Ithaca, NY, and has raised three daughters.

Mary Southard, CSJ, is an artist, experienced educator, retreat director and workshop leader.

Michael Stack, with a BS in Kinesiology specializing in Movement Science from the Univ. of MI, holds the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist Credential.

Ema Stefanova, E-RYT, is an experienced master of Satyananda yoga and meditation teacher. She has appeared on national tv and in the *Crazy Wisdom Community Journal*. She has taught yoga to groups and individuals since 1979, and in Ann Arbor since 1990. She is a UM Integrative Medicine yoga and meditation referral practitioner.

Mary Stevens, ACSW, is a social worker with expertise in working with couples and families in times of transition, and is the founder of Life Cycles.

Judy Stone has a nutritionist practice devoted to helping people improve and maintain health with the goal of reducing or avoiding the risks and side effects of pharmaceutical medicine. She is author of *Take Two Apples and Call Me In the Morning: A Practical Guide to Using the Power of Food to Change Your Life*.

David Storer is a longtime writer of fiction and nonfiction, and is a practicing creativity coach.

Sun Moon Yoga teachers are certified and registered with the Yoga Alliance.

Nancy Anne Tappe, with degrees in Theology and Philosophy, has studied metaphysics for over 35 years.

Don Alverto Taxo is a master Iachak (spiritual leader and leader in the community) from the Andes in Ecuador, and authored *Friendship with the Elements*.

Janene Ternes is a commissioned spiritual director through the Ignation Spirituality Program at Manresa Jesuit Retreat Center and founder of Prayer in Motion, LLC.

Paul Thielking, MD, is a psychiatrist with an interest in complementary and alternative approaches to healing, including the use of breath, sound, and meditation. He has a private practice in Ann Arbor.

Stephanie Tighe, graduate of the Foundation for Shamanic Studies, is a shamanic practitioner and teacher who has worked extensively with Sandra Ingerman.

Dr. Doris Tishkoff received her Ph.D. in History from Michigan State and studied the Old Testament at the Hebrew Union Seminary in Los Angeles. She teaches at Quinnipiac Univ. in Connecticut.

Gail Tola has been drumming for 15 years and has facilitated drumming workshops for seven years in Michigan, Ohio, Wisconsin and Arizona.

Roger Tolle is a practitioner and instructor of Trager Approach to Mind Body Integration and Movement Education, and spent 15 years as a professional modern dancer and choreographer.

Nicole Tysvaer, RYT, is a graduate of the ISHTA yoga teacher trining in NYC and a certified Itsy Bitsy Yoga facilitator.

Twee teaches private clients and group classes at Yoga Works, NYC. She travels as Shiva Rea's senior assistant.

Nancy Udow is an Iyengar certified teacher with 19 years experience. She has also taught dance for over 30 years.

Karen Ufer, certified in the Iyengar method, established Yoga Focus in 1994 and has 20 years of teaching experience.

University of Michigan Museum of Art is considered one of the first university art museums in the country with collections in excess of 17,000 works of art and a diverse and ambitious schedule of special exhibitions and programs.

University Musical Society is a non-profit arts presenter bringing the best touring music, dance and theater to Ann Arbor for 126 years, hosting more than 70 performances and 150 educational events annually.

Jay VandenHuevel, BS, MS, Ph.D., is a Board Certified Holistic Health Practitioner, reflexologist, and is certified in flower therapy.

Visitation Spirituality Center in Monroe offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs welcome.

Violeta Viviano is an advanced student of John Friedlander. She holds a BS in biology and has done post-graduate work in education.

Cam Vozar, MSW, CSW, LMFT, is a psychotherapist in private practice for over 20 years, and is also a Level II EMDR certified therapist.

Billie Wahlen, a massage therapist and intuitive bodyworker working in Ann Arbor for the past ten years, teaches kundalini yoga as taught by Yogi Bhajan.

Sh. Bapak Waleed, teacher of spiritual dance, sacred movement, natural healing, and martial arts, teaches courses at Yale University and is faculty member for Eastern Michigan University in the School of Health Promotion and Human Performance.

Shaykh Waleed, teacher of the whirling dance of Mevlana Rumi, is an authorized teacher of the Naqshbandi Sufi Order under Mawlana Shaykh Nazim al-Haqqani and Mawlana Shaykh Hisham Kabbani.

Afia Walking Tree, M.Ed., is a world class percussionist, cultural ambassador, spiritual activist, and empowerment facilitator, and is visiting from California.

Patricia Walter, OP, teaches systematic theology at Aquinas Institute of Theology in St. Louis.

Wendy Warrick is a Feng Shui Practitioner with 15 years experience in Interior Design.

Christia West is a graduate of AAIMT, nationally certified through the NCBTMB, and has been practicing massage therapy since 1999.

Billie Wahlen is a practitioner and teacher of Kundalini yoga.

Suzy Wienckowski, a Reiki Master and Registered Massage Therapist, has 25 years experience in the healing arts. Reiki has been the focus of her work for the past 12 years. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Wild Swan Theater is Michigan's premier theater for families, presenting high quality and affordable performances to the community for 25 years.

Dwight Wilson, Headmaster of Detroit Friends School, has lectured extensively on nonviolent conflict resolution, multicultural education, and racism, and has been as educator for 35 years.

Eve Wilson, psychic and intuitive, has been the creator and director of The Healer Development Program since 1986. She is also an ordained UCM minister, healer practitioner, and Reiki Master.

Ryan Wilson is a fifth degree Black Sash and master instructor in the Kang-Nei-Chin System of Kung Fu, with extensive training in internal energy modalities, Chinese homeopathic, and complementary medicine.

Caroline Wojan is director of Language Link and Board Member of People and Animals Together, a local non-profit animal advocacy group.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor and Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher and Certified Transformational Breath Facilitator.

Lisa Wolf, MA, LLP, is a clinical psychologist and Pathwork Helper. In addition to her work as a therapist, she is also a musician and mother.

Nancy Wolfe is an adjunct professor at EMU and a painter with a MFA in painting.

Matthew Wood is a professional member of the American Herbalists Guild. An herbalist, teacher, and author of *The Book of Herbal Wisdom*, *The Practice of Traditional Western Herbalism*, and *Seven Herbs*, he lives in Minnesota.

Vicki Yelletz, MA, LLP, is EGALA I Certified from the Equine Assisted Growth and Learning Association, with a private therapy practice for over 20 years with an emphasis on women's issues.

Yoga Focus teachers are certified instructors and longtime yoga practitioners.

Yoga Practice Center teachers are certified instructors teaching Iyengar yoga.

Wasentha Young is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 38 years experience in her field, she lectures on the benefits of TCC, Chi Kung, and meditation as it relates to emotional, spiritual, and physical wellbeing. She is director of the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung and the primary facilitator of the Harmony of Energy Center.

Ann Zalek is a Reiki Master and Nationally Certified Massage Therapist at TheraCare Therapeutic Massage and Healing Arts Center in Ann Arbor.

Ruth Zamierowski is a certified practitioner of Neurolinguistics and practices intuitive energy healing.

Kimberly and John Zapf, BA, master hypnotherapists, are the Vice President and President of the Awareness Institute of Hypnotherapy.

Karlta Zarley, RN, CHTP, has 25 years experience in preventative and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice in Ann Arbor using Healing Touch energy work for seven years as a professional Patient Advocate, Educator, Healer and Spiritual Director.

Sharon Zayac, OP, is the director of Jubilee Farm, her congregation's 111-acre center for ecology and spirituality.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures, and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1975 and meditation since 1985, as well as other senior members of the Temple.

Healthful Hideaways

Spirituality in Spartan Country – The Self Realization Meditation Healing Centre

By Petula Brown

The Self Realization Meditation Healing Centre is in Bath, Michigan.

Having graduated from U-M and being surrounded most of my adult life by Wolverine fans, I was apprehensive when, nearing the 110 Exit on I-96, I noticed a Spartan Stadium sign in my peripheral vision. But as I headed northeast from East Lansing to Bath, mall traffic and downtown storefronts ceded to wooded trails and homemade shortbread, making *the* Self Realization Meditation Healing Centre (http://retreatsonline.com/usa/michigan/selfrealization.htm) seem light years away from school rivalries. The hilly, well forested view that accompanied my vegetarian dinner is the ideal backdrop for individuals, groups and families to experience a respite from everyday stressors or acquire knowledge that can help negotiate the travails of daily living.

To appreciate the insights available from the Centre requires understanding that the Centre is the first Sister Centre of the U.K.-based Self Realization Meditation Healing Centre Mother Centre (http://www.selfrealizationcentres.org/) in the United States. Founded by Mata Yogananda Mahasaya Dharma, the Centres aim to provide depthful instruction in meditative techniques from "spiritual families" who live at the Centres as well as receive training at the Mother Centre to provide spiritual healing and other spiritual support.

With meditative practices firmly grounded within the non-religious beliefs of the Mother Centre, the Michigan Centre's openness to retreatants of all backgrounds fosters a healing atmosphere. Its focus on spirituality transcends religious persuasion, although the Centre's spiritual family reverence for the Centre's founder and guru is evident, as her image graces meditation areas within the Centre. Recognized as a sister centre in 2003, the Bath Centre makes a concerted effort to be accessible to all, with handicap-accessible accommodations, a willingness to accommodate families with children as young as five years old and options to arrange personalized retreats. With enough notice, the Centre will even deviate from their usual vegetarian meal options to provide meat alternatives upon request.

Centre founder and healer Angelà Kronemeyer personifies the spirit of the Centre with her relaxed, but thoughtful demeanor. One of three members of the retreat facility's "spiritual family," Angelà's transition from massage therapist to naturopathic consultant, and on to energy worker brings a unique skill set to her Centre activities as a spiritual advisor. Training at the Michigan-based Institute of Natural Health Sciences (http://www.naturalhealthsciences.org/) and Utah-based School of Natural Healing (www.snh.cc/) in the 1990's preceded her Self Realization education. Combined with her passion for helping others achieve "being at peace and of love," her guidance brings an aura of warmth to the Centre. "The Centre allows me to help others develop inner intuition to connect with their higher selves," comments Angelà.

Retreatants may foster their development through several options. Twice daily, the Centre family participates in a prayer and meditation session that anyone can attend at no charge. Visitors can also drop-in at no charge before 8:30PM most days to use the site for self-study/reflection (but if meals are desired, call ahead to pre-arrange). To obtain instruction in specific areas or participate in group events, pre-registration is strongly recommended to insure a space. Sessions include multi-day retreats and courses as well as workshops lasting a few hours. Offerings include educational options to obtain diplomas in Natural Spiritual Healing (available in Michigan) and Progressive Counseling from the Mother Centre. For those looking for one-on-one support using Natural Spiritual Healing or Progressive Counseling, appointments can be arranged with a Centre spiritual healer/advisor. To complement the teachings of the Centre or as aids in spiritual progress on their own, visitors can purchase a variety of books, tapes or other material developed by the U.K.-based Mother Centre that are available from the Bath Centre or can be purchased online at http://www.selfrealizationcentres.org/books%20tapes%20videos.html.

While I did not participate in any formal programs during my visit, I could appreciate how the homey interiors surrounded by acres of hardwood forest (thanks to land donated to Bath Township and the DNR-owned Rose Lake Wildlife Research Area) create an ideal setting for reflection and renewal. Nestled in such an enriching locale, I was entranced into my own silent retreat. In such a setting, I was able to practice "mindful eating" with a healthful dinner of tempe "chik'n salad" and a scrumptious tomato and garden basil salad (an impressive meal given my non-vegetarian leanings). But the highlights of the day were the dessert and the "digestive aids." Homemade, high-protein shortbread with whipped cream seemed too sinful to be nutritious (I'm still trying get the recipe). As for the "digestive aids," I did not appreciate why small servings of fennel and anise were on the table until Angelà explained that, in some Asian cultures, the seeds are served at the close of a meal (like mints in the U.S.) to aid digestion. So, in a matter of a few hours, I discovered an intimate respite, an internationally-influenced program and a self-care takeaway a couple hours from home.

Upcoming Events

9/19: Meditation Foundation class ($20, 7:00 PM till 8:30 PM)

10/7 – 10/8: Holistic Energy Care Course ($185, 10:00 AM till 5:00 PM each day)

10/13 – 10/15: Silent Retreat ($109 includes shared room and all meals from Friday dinner through Sunday dinner; private rooms may be available at higher rate)

11/16: Meditation Foundation class ($20, 7:00 PM till 8:30 PM)

12/24 – 12/27: Christmas Celebration Retreat ($141 includes shared room and all meals from Friday dinner through Sunday breakfast; private rooms may be available at higher rate)

Contact Centre at (517) 641-6201 or SRMHCMichigan@cs.com for registration information.

If you'd like to hold an event,
teach a class,
arrange for a reception,
BRING AN AUTHOR TO TOWN,
give a lecture,
demonstrate your bodywork skills,
lead a seasonal ceremony,
or,
organize a lunchtime group meditation in downtown Ann Arbor...
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Crazy Wisdom Bookstore & Tea Room is the place to do it!
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At Crazy Wisdom – 734-665-2757 –

A Tai Chi Journey

The Crazy Wisdom Interview with Richard Miller, Tai Chi and Bagua Teacher

By Dennis Chernin, MD, MPH
Photography by Bill Fink and Linda Lawson

I have instantly fallen in love only a few times in my life. The most wonderful of these occurred when I first met my wife, Jan, on the diag here in Ann Arbor in 1975 and after the birth of each of our four children, Abe, Nathanial, Ethan, and Ariana.

Another moment of instantaneous delight occurred when I first observed people doing tai chi chuan (tai ji quan) in the early 70's in San Francisco's Golden Gate Park. Being mesmerized by its slow, rhythmic, dance like motion and feeling quite emotional and captivated by its beauty, I soon realized I had to study this art form. And much to my delight, I soon learned that hidden within tai ji were both a powerful martial art and a meditation through movement.

Returning to Ann Arbor, my long study of tai ji (yang style) was initiated with a local, colorful, and soft-spoken Volvo mechanic, Bob Thorson, and his teacher, Phil Ho. In Madison, Wisconsin, while doing a residency in psychiatry and in Chicago while practicing holistic medicine, I continued to practice tai ji, although yoga and meditation became my primary focus.

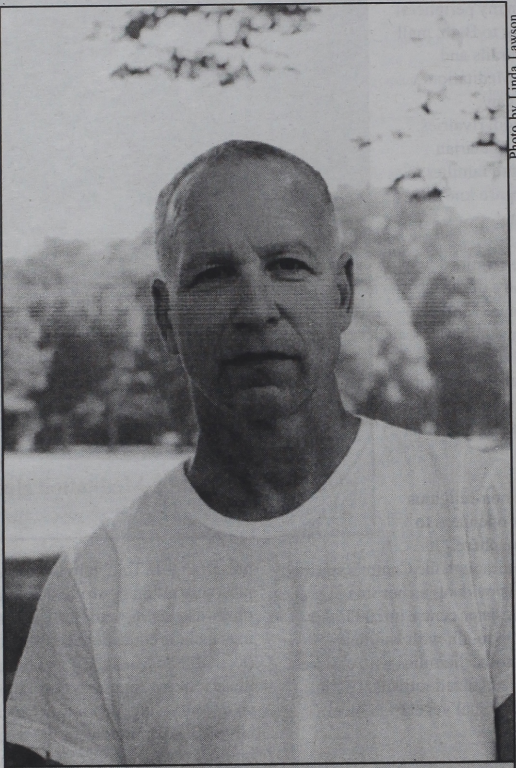
We moved back to Ann Arbor in 1981 and from time to time Bob and I would get together to talk of old times and practice our tai ji form. In the late 90's, I had decided to study other forms of Chinese martial arts and had often heard that Richard Miller had great skill in many of these systems. Five years ago, I happened to meet Richard in Burns Park practicing with his group, was very impressed, and soon began studying tai ji and bagua with him.

In our class, we study chen style, the original and oldest form of tai ji, and baguazhang, another Chinese internal martial art. Bagua is a powerful fighting form and at the same time, like tai ji, meditative. We practice three days weekly, spending the first hour and a quarter on tai ji and the next two hours on bagua.

The chen tai ji and bagua we practice take concentrated effort, involve both slow and fast movements, and often are quite athletic. To quote from Richard's website, greatlakeswushu.com, "Chinese martial arts (wushu) is a rich and challenging discipline; the unification of body and mind is its supreme goal. Strength, health, and fighting skills are rewards and the cultivation of inner qualities such as steadfastness, humility, and will are the bedrock upon which the art is rooted."

I started learning tai ji in Ann Arbor in '75 or '76. I saw someone doing it in the park and didn't even know what it was. Something about that slow, mesmeric movement caught my eye and seized my imagination.

Since working with Richard and the group, my physical health has never been better and old back problems are much improved. Whether it's doing the slow meditative movements of tai ji, turning the circle in bagua, or wielding our 7 pound, 5 foot bagua saber, I always feel stimulated, challenged, and sometimes a bit sore.



Richard Miller is the guiding teacher at Great Lakes Wushu.

I have often encouraged friends and patients to join our group because of the therapeutic, social, and martial aspects of the group and because of my respect for Richard. Richard is a strong willed, quiet, and serious man with a good sense of humor. He is authentic, hard working, humble, and a patient teacher, giving freely to his students. His tai ji is beautiful to watch and his bagua is powerful and precise.

For me, what makes Richard unique and stand out as a teacher and practitioner is that he has dedicated his life to studying and perfecting these kung fu forms. His own training with his teachers has been, and continues to be, deep, intense, and thorough. He is a true professional, spending long hours mastering the intricacy of each movement and developing the tremendous circular and spiraling power inherent in these arts.

I want to thank Bill Zirinsky for giving me the opportunity to briefly share this tai ji/bagua journey with the Crazy Wisdom Community Journal readers and to Richard for his time, friendship, and his teaching.

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Dennis Chernin: Thanks Richard for doing this interview. How long have you lived in Ann Arbor and where did you live before?

Richard Miller: I've lived here since 1992 and also from 1975-1978. I'm from Detroit originally. I lived in Taiwan in 1978-79 and in the San Francisco Bay area for 12 years (78-91).

Dennis Chernin: Could you tell us a bit more about yourself, your job and your family?

There are more photos of Richard Miller and his students on pages 24 and 25.

Richard Miller: I'm 56 years old and have a daughter living in Washington State. I have a four year old grand daughter and another grand child on the way. I live on the southeast side of Ann Arbor and during the day I'm an Ann Arbor School District bus driver. Besides teaching tai ji and bagua locally, I teach classes at EMU and UM Dearborn and also do some writing for various martial arts journals and publications.

Dennis Chernin: When did you start practicing internal martial arts?

Richard Miller: I started learning tai ji in Ann Arbor in '75 or '76. I saw someone doing it in the park and didn't even know what it was. Something about that slow, mesmeric movement caught my eye and seized my imagination. Then I got into a class at the "Y" in Ann Arbor.

Dennis: And how important is your practice to you now and over the years?

Richard: It's been a central interest of mine, a central facet of my adult life for many years now. In the most mundane sense, it's a very physical outlet. Getting a lot of intense exercise is good for my disposition.

Dennis: What is it about your disposition that you need an outlet for?

Richard: I think I tend to over-think things. I'm an analytical kind of person. For me to just be moving my body around and working a lot of nervousness out that way is healthy for me. It's mentally challenging. It's far from being a mindless way of exercising. It's a discipline that requires a great deal of mental application, reflection and focus.

Dennis: How much time during the week do you spend practicing?

We want to be relaxed in a way so that we're not interfering with our own movement. The mind should also be relaxed yet attentive and not distracted.

Richard: I practice at least 12 hours weekly in class and about 10 hours on my own. It's actually far less than I used to.

Dennis: Can you discuss the differences in the various internal martial arts, and can you explain the difference between internal martial arts, tai ji and bagua, and external martial arts like karate and tae kwon do?

Richard: That's kind of a nebulous realm. Looking at it in terms of levels, even so-called internal martial arts start out external. You have to learn the mechanics of moving your body. You have to gain an awareness of your body and be able to get it to obey you. I'm referring to that as external, even though it does require thinking and analysis. As you get deeper into the art it becomes subtler, and more refined. That's when the internal aspect is emphasized to a greater degree.

Dennis: Do you agree with the idea that the internal martial arts quiet the mind, lead to total body relaxation, increase longevity and promote meditation?

Photo by Bill Fink

Richard Miller in an impeccable tai chi stance (pu tui shi).

Richard: In a way, relaxation is important, but we are not just dissolving into a formless posture. The requirements necessitate use of strength to maintain alignment, and the way we're using our body. Are our legs relaxed when we're practicing? No, our legs are driving us, driving the movement. The waist is not relaxed when we're using the muscles in the waist and back to turn the waist. So we're using muscles, but using them in an efficient way. We want to be relaxed in a way so that we're not interfering with our own movement. The mind should also be relaxed yet attentive and not distracted.

> In China, the martial arts are called wu shu. That literally means martial arts or war arts.

Dennis: What other martial arts or forms did you study or do you practice?

Richard: I studied long fist, praying mantis, piqua, ba ji quan, chen style tai ji, and baguazhang. These are all styles of Northern Chinese wushu. What I practice now is just bagua.

Dennis: What about tai ji? You teach that in your class.

Richard: I do teach it in the class. Since 1999, however, I put all of my practice energies into bagua. That's become my own personal focus and what I'm keenly interested in. I still teach tai ji. People seem to want to learn it from me, so I continue to teach it.

Dennis: Could you explain the difference between wu shu, kung fu and martial arts?

Richard: In China, the martial arts are called wu shu. That literally means martial arts or war arts. Kung fu is a term that's also used for the martial arts. But, literally it means skill developed over a long period of time, a refinement, a development over a period of time. But it can apply not only to martial arts. It can be applied to any kind of skill that's gained over time.

Dennis: Can you discuss your relationship with your main teachers?

Richard: I studied with Adam Hsu in San Francisco for 12 years. So you can say my world revolved around him to a large extent and I just tried to get his approval. I never felt like I was good enough. So it made me fight real hard and practice hard.

Dennis: What about your relationship with your bagua teacher, He Jinbao?

Richard: He's much more encouraging and more prone to say you're doing something well. It's a nice change. I think he's tremendously advanced in his art. And anyone who I know who's met He Jinbao is stunned by his power. There's not much more to say about it than that.

Dennis: How would you describe your self as a teacher and what qualities as a teacher are important to you?

Richard: What's important to me is to try to teach the art as clearly as I can and the way it's been taught to me. I want to preserve the art as it's been passed down. I do my best to find out what is the best way to reach individual students. I think I'm a patient teacher and I think I'm able to demonstrate what it is I'm teaching. So I present a model and goal for people to shoot for.

You know, I've learned from students as they've talked to me that I've influenced them beyond the class. And that's something I haven't thought much about and I'm always surprised when I hear that. Various students have told me how important the class is to them and the benefits they've derived from practicing. Sometimes it seems to have had a steadying effect on their lives and they've had success in areas that were unexpected.

I feel fortunate that the students we've had have consistently been nice people. I think when people enter the class they feel welcome and enjoy practicing with people who surround them.

> Various students have told me how important the class is to them and the benefits they've derived from practicing. Sometimes it seems to have had a steadying effect on their lives and they've had success in areas that were unexpected.

Dennis: In class, I have found you very direct and, at times, you push me quite a bit to work harder. Is this an important aspect of how you teach?

Richard: I really hope students do their best in our class. I try to get the most out of each person, help them get the most out of their capabilities. If a student has physical problems or health concerns, we adjust the practices to accommodate his or her limitations. With serious students who come to class regularly and who practice on their own, I tend to push harder.

Dennis: In your relationships with family and friends, do you think that you are as direct and as blunt as you are with your students?

Richard: I guess I'm fairly direct in general, but I view the teacher/student relationship as very different from personal relationships. Outside of class, I have a "live and let live" philosophy. I actually see myself as being quite tolerant of others, except for those who defy my wishes.... just kidding.

Dennis: Since getting to know you over the last 5 years, I've found you to be a serious person who works hard at your art, has strong opinions, and one who doesn't

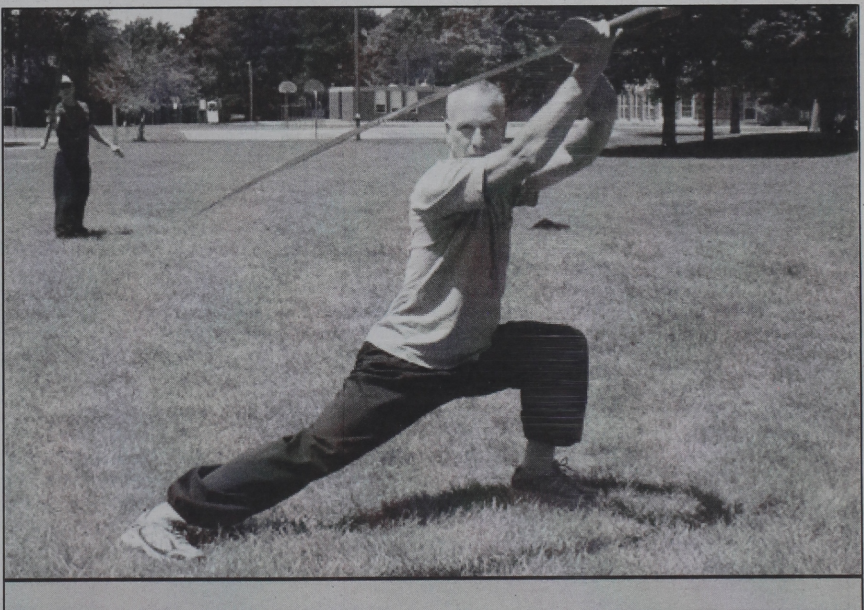
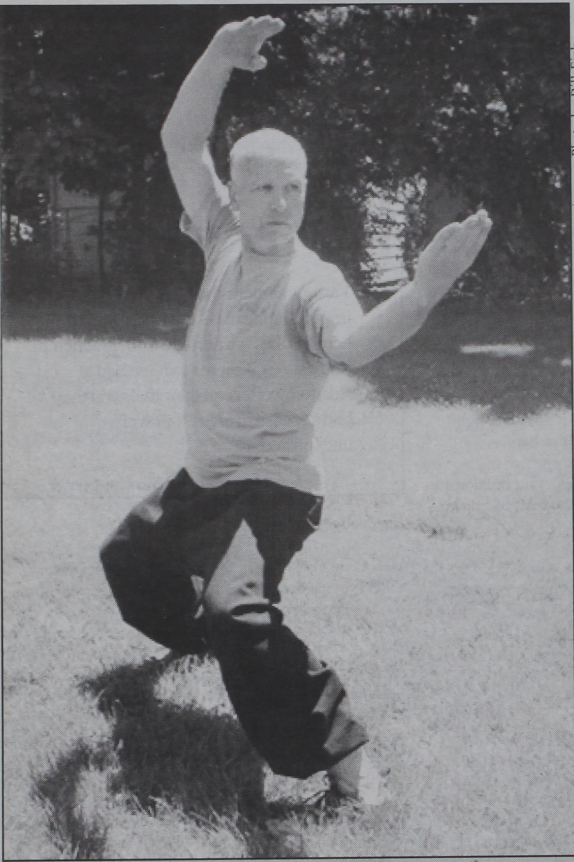


Photo by Bill Fink

Richard Miller in deep stance wielding the 7 pound, 5 foot bagua saber.



Richard Miller in a bagua standing posture - lion's pose.

necessarily take the easiest path in life. I was thinking about this not only in terms of the internal martial arts, but also how this applies to other aspects of your life. For example, you've told me about your anti-war opinions back in Vietnam and your decision at that time to move to Canada. Would you like to share anything about that?

Richard: I'll just be frank. I wasn't a political person. It was a Muhammad Ali kind of thing. I wasn't echoing him, but I didn't want go over there and kill those people and I didn't want to get killed. What for? I didn't see a reason for that. It seemed kind of an irrational submission. I guess I wasn't enough of a patriot to go along with that program.

Dennis: So that influenced your decision to leave the country at that time?

Richard: Influenced it? It determined it. I had to leave the country. It was too late. I was drafted.

Dennis: So why hadn't you just gone to college at that time and gotten a deferral

Richard: I was in school at first. It's funny you talk about

I wasn't a political person. It was a Muhammad Ali kind of thing. I wasn't echoing him, but I didn't want go over there and kill those people and I didn't want to get killed. What for? I didn't see a reason for that.

me being a serious person – I was not a serious student. I just went to a community college after high school because I didn't know what else to do. But I wasn't paying any attention and was not engaged in school so I did poorly in school. When I was younger, I lived in a Jewish area in Detroit and I was engaged and was interested. Then I moved to Livonia and I had to deal with being uprooted, being in a new social environment. I don't know how much that contributed to it, just being in a new place, but I stopped in large part caring about school. I did not do my homework.

Dennis: Did you ever resume your college education?

Richard: After dropping out and moving to Canada, I never returned to college.

Dennis: I actually find you to be a very good writer. I've read many things that you've written. You actually shared a really interesting piece when you were in the woods and practicing Baji. I found that very compelling. I've also enjoyed your writing in journals like Tai Chi Magazine.

Richard: When I was a little kid I used to write stories, but I never thought too much about it. So that was a kind of raw talent that I was able to develop somewhat.

Dennis: Several students, including myself, have asked you to create a video of your tai ji, and you seem reluctant. I find your tai ji beautiful to watch and the level and depth of your ability are profound in my mind. And yet, we've asked you and you won't do it. What's that about?

Richard: Well I guess I don't look at it in quite the same way. There are many instructional videos. I'm not really being humble, I just feel…I see a lot of mediocre stuff out there and I don't want to be one of those people contributing to the vast accumulation of martial art instructional videos.

Dennis: I have actually seen you rimace a bit when you hear the word ter" when applied to tai ji, bagua, or ts. What are your feelings about this?

Richard: If you're referring to the word being used in reference to myself... you might detect a cringe. 'Master' is not a self appointed title and I've definitely not reached that level of achievement. In these arts, the masters are few, though I realize the term is useful for commercial purposes.

Dennis: Bagua and tai ji are described as being based on spiritual ideas. I'm referring to ideas of meditation, emptiness, centering your mind, stillness, creating stillness from movement, meditation in movement. You don't really hear about that with tae kwon do, karate or kickboxing.

Richard: That's an aspect of it. But the Chinese martial arts were created for fighting, self-defense, and concrete survival means. Being that it originated in China, they use the culture's philosophical terminology to describe the art, such as the principles of yin-yang, hard and soft, that each contains the other and neither is absolute. These things are not just conceptual; they're manifest in the art.

You can see how they're used in turn from the principles of combat, where it's advantageous to redirect someone's force moving towards you. This is not, in its origin, a peaceful idea. There's a destructive side to that.

Dennis: One really interesting thing about Bagua is the huge saber that we wield around. And I've actually taken a particular interest and have gotten a lot stronger and have really enjoyed it.

Richard: Bagua weapons are interesting. There are two types. They're either peculiar or very big. It develops strength. I think most people find it beautiful and it's tremendously interesting to be wielding that enormous weapon in an artistic manner.

Dennis: What do you consider to be the health benefits of tai ji and bagua?

Richard: Starting from the outside, you can build strength in the legs, which keeps people as they get older from falling down, losing their balance. The body is taken through a wide range of motion. So you're using the body in a way that develops strength, flexibility and there's logic to it when the arts are practiced correctly; it's not harsh to the joints. I know the Chinese believe that the twisting which is emphasized in tai ji, and maybe even more so in bagua, has a beneficial effect on the organs in the body. Bagua even specifies various animal systems that are thought to benefit specific organs.

Dennis: Are you talking about the spiraling energy, which we call chan si jin?

Richard: I'm talking primarily about the twisting in the torso. Additionally, various amounts of compression and expansion occur. These kinds of motion have a massaging effect upon the organs.

Dennis: What about the emotional and mental health benefits of the internal martial arts, tai ji and bagua?

Richard: Well, speaking for myself, I know that when I first got into this stuff I was kind of drifting, not knowing what to do with my life. I was unfocused. And now it's clear to me looking back that I gained a lot of focus and developed an ability to stay with something. Personally, it has sharpened my mind and increased my capacity to stay concentrated on something.

Dennis: It almost sounds like it is a spiritual path for you -

I guess I'm fairly direct in general, but I view the teacher/student relationship as very different from personal relationships. Outside of class, I have a "live and let live" philosophy.

physical, mental, spiritual. Would you say that's true?

Richard: I don't know how to separate it really. I don't know how to divide myself into those compartments. It's just me. And, yeah, I'm engaged in a complete way. Not always, you know, some days are better than others.

Dennis: How can the slow movements of tai ji be considered a martial art?

Richard: The movements are complex, detailed and subtle. It only makes sense to do them slowly to understand them and manage all of the intricacies of the movement. It's not like doing jumping-jacks or jogging or simple activities. It's a complex art and by doing them slowly and methodically, we can really pay attenfion to the details, and try to notice our deficiencies.

Dennis: Again, you bring it back to the mind-body harmony.

Richard: Yes, this is not something done well mindlessly. It's too intricate.

Dennis: What about the breath? In the tradition of yoga, for instance, we do a lot of breathing exercises and breath work.

Richard: My teachers have always said, "breathe naturally, breath in and out through the nose, breath deeply, don't rush your breathing, don't hold your breath." And you breathe into the tan-tien, filling your lower abdomen – specifically the area beneath your navel. To use imagery,

imagine that it's expanding, getting very full and large, like a Buddha's belly – something like a huge expansion. If you think about that when you breathe, you get the feeling that the longer you do it the more you can feel in that area. The feeling is more substantial.

Dennis: One very unique aspect of bagua is turning in a circle for long periods of time. What do you see as the benefits of this?

Photo by Bill Fink

Richard Miller and Dennis Chernin in a bagua martial art application.

Richard: It's really smoothed out my own footwork and made it much more precise and fluid. It builds strength through the whole body because of the position you're in when you turn; the degree of twisting the waist directs the stepping.

The upper body is held in a static posture. So we have this interesting dichotomy going on. The lower body is very mobile, active and the upper body is very stationary and

> 'Master' is not a self appointed title and I've definitely not reached that level of achievement. In these arts, the masters are few, though I realize the term is useful for commercial purposes.

static. The upper body is twisted in a way that develops a lot of strength to the back and waist. All these requirements result in a whole body strength and whole body integrity.

Dennis: What about the mind and the breath when you turn the circle?

Richard: Keep the breath low down in the abdomen. The mind is focused on the details of the movement. There are a lot of requirements that necessitate our attention. And if we're inattentive, the back might be displaced, the chest may not be appropriately positioned, the head may not be held erect, the stepping not clean, the arms not twisted to the proper degree, our sight may not be focused where it should, or the breathing unnatural.

Dennis: You consider the turning, again, being mind, body, and breath integrity.

Richard: Yes, for sure. And I think the longer someone practices, the more adept they become at it. Then you can say it becomes meditative. Details are being managed with less thought. You are moving in this very unique way going around, and around, and around. I think a person can go into a very subjective world.

Dennis: Does that happen to you?

Richard: Yes. I'd like to experience more of it. It's not easy to describe. I think there's a kind of smooth feeling inside and it's a feeling of singularity, oneness maybe. I'm always hesitant to use those loaded words. There's a feeling of completeness.

Dennis: Can you discuss the importance of spiraling energy and force?

Richard: Our goal in the martial arts is to develop what we call whole body force. And what that is, literally, is to use the entire body in a very efficient way. That efficiency requires that the power originate in the lower part of the body where we meet the Earth or the floor, using the whole leg and that is transferred into the waist. The waist is the conductor between the upper and lower parts of the body, and from the waist the power moves to the torso and into whatever part of the body through which the power is to be issued, such as the fist, or the elbow, or the shoulder. The twisting makes the body like a spring. There's a coiling and uncoiling.

Dennis: So would you describe these particular martial arts as having the type of force like a screw being driven into an object, or some kind of whirlwind or tornado energy that has great amounts of spiraling power?

Richard: Yes, it's an accumulation of power. It originates in the bottom of the body, or the lower part of the body. And it's conveyed through a highly disciplined twisting action to a single point.

Dennis: What is the force called fa jing?

Richard: Fa jing means the issuing of force. The twisting, or chan si jin, is practiced all the time whether you do fa jing or not. We're always trying to develop that kind of twisting energy, or twisting physicality. The fa jing is just the moments, or times in training, when we're trying to issue the power.

Dennis: He Jinbao has said in our seminars on bagua that there are several different important aspects of bagua: health benefits, building strength, practicing the art in a beautiful way, and fighting. Personally I would add a fifth, which would be meditation. Do you agree with this?

Richard: Yes, it makes sense to me. I think that seems fairly encompassing.

Dennis: I know that you write songs and really enjoy music.

Richard: I don't write music, I just write lyrics. I'm kind of a frustrated funk-rock musician and I'd love to be in a band playing soul music. I play the drum set. But I never really made the time for that. I've written song lyrics for fun really. But lately I've found somebody who I've collaborated with, a fellow student, Mike Woods. And we're going to see if we can make something happen with that.

Dennis: Do you have any other interests that you really enjoy?

Richard: Even though I complain about not getting enough sleep, I have a bad habit of staying up too late reading at night. I'm finishing Graham Greene's *The Human Factor*. He and John LeCarre are two of my favorites. And I love going to movies, especially ones involving the mafia.

Dennis: Are you open to new students joining your group, Great Lakes Wushu? And how can they find out more

> Bagua weapons are interesting. There are two types. They're either peculiar or very big. It develops strength. I think most people find it beautiful and it's tremendously interesting to be wielding that enormous weapon in an artistic manner.

about you, what you do, and how can prospective students get in touch with you?

Richard: Our classes are open to anyone who wants to join. I encourage people to come and observe our classes and see what we're doing, if it's what they're interested in, before they join. We have a website, www.greatlakeswushu.com and the information about when and where classes are held is on the website. (And also listed in the Calendar section of *The Crazy Wisdom Community Journal*.)

Dennis: There are lots of books on tai ji, lots of ways to get

There are more photos of Richard Miller and his students on pages 24 and 25.

information, but not so much on bagua, especially for our system, yin style bagua. Can you recommend other ways to learn about bagua through books, video or seminars?

Richard: Our teacher, He Jinbao, travels from China annually to conduct workshops and will again be in Ann Arbor on October 13-15. It is open to new students, although we will have an enrollment limit. To further my own training, most years I go to Beijing for personal instruction.

Dennis: This coming fall you, Dr. James Arond-Thomas, and I will be offering a workshop called Meditation, Yoga Breathing and Tai Ji: Stilling the Mind, Healing the Body. Can you discuss a little bit more about this upcoming seminar?

Richard: Well, it's a new opportunity for me, working with two physicians. It's very interesting. I expect to learn a lot from participating in this event. I appreciate being invited. I think I have something to offer to this kind of seminar.

Dennis: I appreciate you agreeing to participate. And thanks a lot for your time and doing this very interesting interview.

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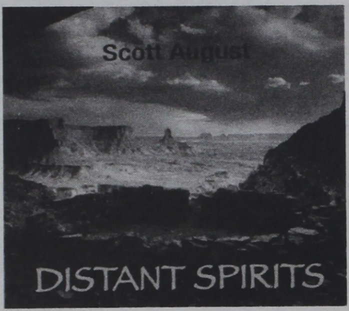
Crazy Wisdom Reviews

NEW MUSIC at Crazy Wisdom

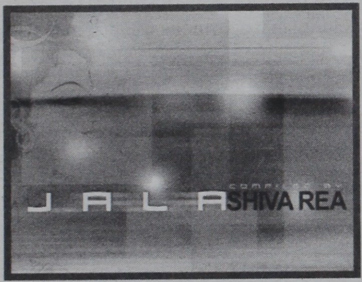
by Sarah Newland

Distant Spirits cd by Scott August, *$15.99*



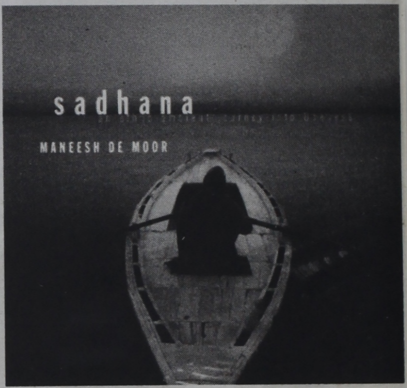
Multi-instrumentalist Scott August has created a beautiful new cd in *Distant Spirits*. Soaring Native American flutes, soft guitar, quiet piano, and hypnotic world beat percussion gently mingle with the sounds of nature on this musical journey through the Southwest. The call of the coyote, murmuring canyon streams, a clap of distant thunder, cooing mourning doves, and the whispering wind along with lovely traditional flute. August's music creates a rich tapestry of musical textures and tranquil tones that will transport you to the mystical land of the mountains and desert.

Jala cd compiled by Shiva Rea, *$16.98*



Jala, meaning 'water,' is the rhythmic and electronic music soundtrack from vinyasa yoga teacher Shiva Rea's Fluid Power yoga dvd. She invites you on a dynamic and meditative sonic journey crossing genres and cultures. Like a winding river with organic, changing rhythms, *Jala* flows from sublime invocations, Asian electronica, high energy percussion, and passionate vocals into soothing sitar and chant. Twelve richly layered soundscapes feature Canadian Grammy nominee Adham Shaikh, Desert Dwellers, Niraj Chag, and Alcyone. Enhanced cd includes bonus Fluid Power dvd footage.

Sadhana cd by Maneesh de Moor, *$16.98*



Stunning in its sensuality and lush with ethereal and earthy rhythms, Sadhana gathers a circle of musicians from around the globe from ten tracks of ethno-ambient chill/world. Dutch composer de Moor has created an ecstatic blend of Tibetan chant and didgeridoo, tamboura and acoustic bass, Persian santoor and piano, and the heavenly voices of Sudha and Sandhya Sanjana. Keyboard layering is infused with sounds of nature and the human voice to create this contemporary tribute to the spiritual life of devotion and meditation. "This album is not about musicality, but about transformation – this music is made for the energetic, physical, and mental state of well-being in the listener," says de Moor. Sadhana is a musical journey inspired by the magical rituals of India, Tibet, Yoruba, Native American, and Sufi worlds.

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A Profile of Renaissance Acres Organic Herb Farm

by Lani Kwon Meilgaard

Photo by Kris Doten

Katrina and Peter Stark of the Renaissance Acres Organic Farm in Whitmore Lake.

Driving the twenty or so minutes northwest of Ann Arbor towards Whitmore Lake in late June, I am amazed by how expansive our surroundings have become. Deciduous trees and lush vegetation along US-23 rapidly replace the Ann Arbor cityscape and, since it is a Wednesday afternoon, there is very little traffic. When we exit on North Territorial Road, the asphalt freeway soon becomes a two-lane paved road, and then a dirt road lined by farms, barns and countryside.

My husband, Justin, and I check our Mapquest printout to find our way to Renaissance Acres Organic Herb Farm, owned and operated by Peter and Kristina Stark. Finally, after a couple of turns, we drive onto Valentine Road and up to a modest round beige sign with hand-painted red and black lettering. There is a ample grass lawn, where visitors may park May through September, Thursdays, Fridays and Saturdays, 10 a.m.-4 p.m., in order to buy produce or plants, cuttings and seed and to attend classes. Peter is expecting us and is working out in the front yard near the greenhouses to one side of a single-story wooden farmhouse, which he tells me was built in 1894. It is a breezy, sunny day, comfortable enough to sit outside in lawn chairs and chat.

My first impression of Peter is that he's tan, his hands are wide and strong and he's wearing jeans, a T-shirt and Detroit Red Wings cap. He's down-to-earth, easy to talk with and a savvy businessman who is probably able to interact well with many different kinds of people. He wants to know a little about our backgrounds first: how long we've lived in Michigan (six years), where we're from originally (me, Hawaii; my husband; England). The fact that we're city dwellers and don't know much about farming must be patently obvious, but I tell him this anyway, letting him know we're eager to learn and open to understanding what he does and how and why he does it. He apologizes that Kristina is unable to join us, as she's visiting her family that day, but asks that we include her in any mention of the farm. "We're a team. She has the artistic eye, handles the display gardens and research, and does the gift shop and many of the classes. I do the heavy work, the [Ann Arbor] Farmer's Market, some classes and consulting." Together, along with a few part-time seasonal employees and volunteers, they specialize in 300+ varieties of authentically grown culinary, medicinal, ceremonial and craft/dye herbs, as well as scented geraniums, flavorful greens and heirloom vegetables. Their best sellers are the many varieties of basil they grow, including lime-basil and traditional Italian basil. They sell to restaurants, such as Eve and Zingermans, and also have plants in private and public collections, such as at Greenfield Village in Dearborn, Toledo Botanical Gardens, Project Grow and the Leslie Science Center in Ann Arbor. Whenever the breeze picks up, we are treated to the lovely aromas of lavender and jasmine, the scents of sage and basil, a feast for the senses.

When I ask him about the name Renaissance Acres Organic Herb Farm, Peter tells me the farm itself went through a "rebirth." It was originally an 80-acre dairy farm at the turn of the century, then was owned by a farmer and his sons who found their callings elsewhere. Fortunately, when Peter and Kristina bought their twenty-one acres, the land

...they specialize in 300+ varieties of authentically grown culinary, medicinal, ceremonial and craft/dye herbs, as well as scented geraniums, flavorful greens and heirloom vegetables.

had not been treated with any chemicals or commercial fertilizers. Even so, organic agricultural production is still a difficult endeavor. There are the unavoidable challenges that all farmers face: competition, ups and downs in the market and weather, especially in Michigan with its short 3-4 1/2 month growing season and wildly varying seasonal temperatures and conditions. Just the week before there had been a hail storm, and had it directly hit Renaissance Acres Organic Herb Farm, it could have wiped out their crops. Organic farmers additionally face the challenges of politicized governmental organic certification, and competition with big agribusiness seeking to dilute those standards and take a larger cut of the rapidly growing organic market. Yet through hard work, perseverance and integrity to authentic growing methods, Peter and Kristina are celebrating their 25th anniversary this year at their Herb Farm.

"We've had our ups and downs, but there isn't anything I'd rather be doing." Peter grins as he adds, "There's something wonderful about being outdoors all day and living in-sync with nature, but you have to be really flexible and go with the flow." He grew up in Saginaw and lived in a vegetarian co-op in the '70s, which later led him to organic farming in the Irish Hills. He briefly attended the University of Michigan and studied biology, but he found he could learn about plants and their medicinal and culinary uses much better hands-on, through independent research and with teachers and mentors closer to the earth. When he's not working on the farm, Peter is also a musician and songwriter and plays the blues, jazz and contemporary folk on the guitar and dulcimer. His partner, Kristina, grew up in Detroit and they met in 1980 via mutual friends who introduced them in Ann Arbor. They have a son, Benjamin, who is eighteen and has just left home but lives nearby. There are also a mastiff-mixed-breed dog named Blue and a goose named Ducky who both decide to check us out while we talk.

Then, the sensational sensorial part of the visit begins: a tour of the gardens and greenhouses and sampling of herbs. Peter encourages us city folk to bite into a blade of lemongrass, which is sweet and tangy and oddly satisfying. "Now you're country folk," he teases us, and we laugh, feeling like kids again, trying something fun and new. He invites us to touch, smell and taste many other amazing herbs, flowers and vegetables and tells us about their culinary, medicinal and ceremonial properties. French perfumeries at the turn of the century replaced roses with less expensive rose-scented geraniums, with few people in the know. Flaxseed oil is really good for alleviating seasonal depression. Greek oregano has the best antioxidant properties. He grabs two plastic baggies from the house for us to contain our herbal loot: one for culinary herbs, several varieties of basil and oregano, the other for medicinal and ceremonial uses, sweetgrass and sage. We walk among rows of neatly potted herbs and flowers lined up on display tables in the front yard, as well as along well-ordered, mulched vegetable beds in a fenced enclosure to protect the tender plants against ravenous rabbits and deer. The herbs we have collected have a pungent yet pleasant fragrance and feel warm through the baggies from the afternoon sunshine.

As we walk back towards our car, he explains to us that he and Kristina propagate their plants by root divisions, cuttings and seeds and that, because they grow them in greenhouses with a 35-degree thermostat in winter, they are very hearty plants. The plants look healthy, green and vibrant. He tells us that he has also consulted with several community groups over the past two decades, including the University of Michigan's Complementary and Alternative Medicine Research Center, MFit and also with the Ojibwa tribe, who wanted to start and maintain their own organic farm operation, to give their youth a more meaningful connection to the earth and their tribe. This leads to a discussion on good books, and Peter recommends *The Botany of Desire: A Plant's Eye View of the World* by aptly named Michael Pollan, a (pardon pun) ground-breaking investigation into the co-evolution of humankind and plants. It is a fascinating conversation, and before we know it, our two-hour visit has come to an end. My husband and I feel welcomed, accepted and much better educated about farming and the interconnections with our natural world. We thank Peter and head back home to Ann Arbor, enjoying what I call the mid-afternoon "golden time," when the sun is low in the sky but still gilding everything.

Later that evening, I rinse, chop and add the several varieties of oregano and basil to a marinara sauce, and it's incredibly good and savory. This is but one of the reasons we often go to the Ann Arbor Farmer's Market, to buy high-quality organic produce and to interact and learn from the farmers. Now we know it's also possible to buy plants and seed from a reliable source not far from town and to grow our own organic herbs and vegetables should we desire.

Thank you, Peter and Kristina Stark! We are grateful for your commitment and contribution to our community.

Renaissance Acres Organic Herb Farm
4450 Valentine Road
Whitmore Lake, MI 48189-9691
Website: http://www.provide.net/~raohf/
Catalog is free .pdf download or you may send $3 via mail for a copy.
In the Herb Garden cookbook, a collection of herbal recipes, by the Starks is also available for $9.50 postpaid.
Phone: 734-449-8336
E-mail: raohf@provide.net

Dates/times open: May to September
Thursdays, Fridays and Saturdays 10 a.m. to 4 p.m.
Also at Ann Arbor Farmer's Market Saturday mornings and Wednesdays mid-May to mid-June (except holidays).

Singing Spirit

by Norma Gentile

When I sing I become a vessel or channel for songs. Not just any songs however. Songs that are inspired by spirit draw back to this earthly plane those same spirits or angels that originally inspired the song.

This also happened to a woman who lived 900 years ago. Hildegard (born near Bingen, Germany) wrote books, sacred chants, and set her own play to music. She was consulted by Popes and kings on major issues of the day, led two monasteries as abbess in the Catholic Church, and was sought out as a public speaker. Her wisdom was extraordinary, creating templates for healing that mirror many esoteric paths today.

Each of Hildegard's songs came from what she called 'The Cosmic Symphony'. These were sounds she heard while in deep meditation or trance. She then transcribed them as songs, writing her own words to each in Latin.

Those who were working with Hildegard from the angelic realms have returned. The angels and saints who surrounded her and whispered songs into her ears are with us now. Many, beside myself, hear them.

My connection to Hildegard is not unique, although it is very potent. All that she heard, saw, and experienced she attributed to divine source. Anyone of us can turn and face Divinity. It is our birthright, and our destiny.

Hildegard's particular gift, to bring into this world what she experienced from spirit, is one that we each have. Whether or not we have accessed it, we each are meant to be vessels and channels for spirit. The earth plane needs our bodies to bring forth acts of divinity upon the land. Humanity acts as angels-in-form, according to Hildegard.

Each of Hildegard's songs came from what she called 'The Cosmic Symphony'. These were sounds she heard while in deep meditation or trance. She then transcribed them as songs, writing her own words to each in Latin.

I believe that each of her songs was 'sent' to her by spirit, and that a specific group of angels was charged with lowering themselves down to meet her consciousness. In the moment of joining, words and music that reflected those angels came into Hildegard's knowing. As she wrote, that particular configuration of angels would return again, to help her sculpt the music and words to most accurately reflect what it was that they wished to help share with humanity. And so it is with all great music, literature, art and wisdom.

For you see, whenever a song is sung, the singer becomes the portal through which those same angels might return again to touch humanity. Each time the singer opens as a vessel and receives the angels who originally sculpted the song, the doorway also opens to those listening to hear not just the song but also the message of the angels.

In this fashion, each one hearing the song may turn inward, listening to how those same angels might speak to them directly. All those listening to the song may then receive the blessing that the angels offer, through the song. This blessing is always an offering, never more.

For me, it is the singer's responsibility to turn and face spirit as fully as possible. It is only in this way that the angelic muses are invited to return. For this reason I refer to myself as a channel.

When I sing I feel the song move through me from the inside out. It is as if my body opens from its central channel, and this channel grows larger and larger within me, expanding until my entire body and the space around me is a flowing river. Moving from deep underneath me to well above my head, this river turns different colors and textures as I shift from one song to another. I become the channel for the song, and for the angels who originally inspired the song.

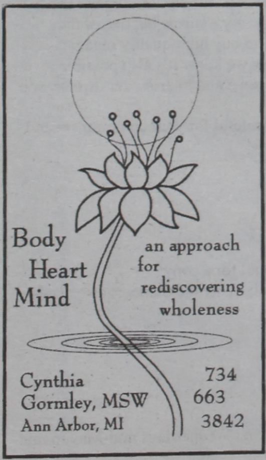
Anyone can do this. Most of us have moments of doing this while singing or writing or painting or speaking with someone. We open so completely that we forget who we are, and become a vessel for divine expression.

Even as a listener to music, we can help to draw the angels through the singer. Just as we can help by listening to a friend who simply needs to talk through an issue.

Norma Gentile will be Singing the Songs of Hildegard, at Crazy Wisdom, on Sunday, September 17th. She'll also be doing a Candlelight Meditation Concert, and a Conscious Singer workshop, in Ann Arbor this fall. (See the Sound & Voice Section of the Crazy Wisdom Calendar.)

It is the same quality of conscious listening, of open-hearted hearing without judgment. After all, it is not the words that you are hearing as a friend expresses deep sorrow, it is the emotion.

So too music is not about the notes but about what is carried within the notes. As any of us turns to spirit, our voices carry spirit to others. Speaking or singing, playing the piano or dancing or drawing; with our focus upon spirit, the door is opened for the angels to enter. And the invitation is shared with all those present to join in creation.



Endpiece

The Best Summer

By Bill Zirinsky

Just today, I was reading an essay on the Op-Ed page of The New York Times, by Claire Messud, author of The Emperor's Children, about how she never really had much of a summer vacation, when she was young.

Her parents were living in Australia, and summertime would come in December. Her parents would cart off their family to visit relatives back in Canada and France, to celebrate Christmas. So, instead of warmth and sunlight, her summers were about heavy coats and thick sweaters.

Not so, for me. When I was a little boy, my family spent three glorious summers in a beautiful resort village, Forte de Marmi, on the Mediterranean coast of Italy. We would spend long days at the beach, a soft and luxuriant white sand beach which was better kept than any beach I've been on since.

> If you looked one way there was the sea, and the other way were great mountains. In between was a lazy and beautiful Italian resort town, which I came to love passionately. Those were the best summers of my life, until this past one.

That's where I first learned to come out of the sea and dry off by rolling around in the hot, clean sand. I had invented my own personal spa treatment at the age of five. It was such a perfect and sensuous sensation. I continued rolling around in the hot sand for many years, even as my older siblings and other kids (not to mention adults) looked at me skeptically. I tried it with my three-year-old this summer, and it met with her resounding approval, and so I know that it was not just me. You just have to start young.

I learned to build sandcastles on that beach. Soon, though, sandcastles became less interesting to me than drip castles. Drip castles have a medieval intricacy that resonates for me, and I've never gone back. Baking in the hot sun and lost in the enterprise of creating a great drip castle, I could only be interrupted for another swim in the sea and another roll-around in the sand. And then back to work.

In those years in Italy, there would be beggars and beach vendors trudging from one beach umbrella to the next. The beggars mostly consisted of gypsies, but I particularly remember an older man who wore a scarf around his neck, which he would lower to show you his tracheotomy in exchange for 20 lire. The beach vendors sold apricot and pear juices, colorful sweaters, trinkets, popsicles, lemonade, and tasty Italian baked goods.

A large traveling market would come to the square in the center of town every Wednesday morning. I would have to hold my mother's hand as she weaved in and out of the market, buying and bargaining, laughing and flirting and cajoling, as my three older siblings wandered off more than I was allowed to.

There was a wide circular path within the town piazza. Kids could drive small cars (the size of bumper cars) around the circle, and we did it, endlessly.

The summer I was seven was the summer of Chubby Checker's top selling 45, Let's Twist Again. Being Americans in a town full of vacationing Italians, we felt it our obligation to educate the Italian kids on the finer points of twisting. When the sound of Chubby Checker would come blasting out of the local record store across from the piazza, my mother would encourage us to dance, outside, and we obliged. An audience would build, they'd toss lire at us, and being small and agile I could do the twist so low that I was virtually twisting right down to the pavement. Eliciting "bravos" and "ancora" (Italian for "more") and earning ice cream money by twisting, changed my life.

I learned to ride a bicycle that first summer in Italy. I rode around the cobble-stoned streets near our rented villa, and sometimes ventured back a few blocks to where the village turned to farmland. The Italian countryside felt different from American countryside. I liked its foreignness, the sound of Italians talking to each other, the Italian chickens clucking to each other, and I liked the light of the Tuscan afternoon.

In the background, always, were the magnificent mountains from which marble comes. If you looked one way there was the sea, and the other way were great mountains. In between was a lazy and beautiful Italian resort town, which I came to love passionately. Those were the best summers of my life, until this past one.

Then I was five. Now I'm 52, with two little girls, one son departed to heaven, dead parents and sisters, the wife of my dreams, good health, and great work. All that went before informs the present, and gives it its character.

I have a summer home on the Shinnecock Bay, in Southampton, Long Island. The bay feeds directly into the ocean, and from our bluff you can see the ocean off in the distance. We have spent 11 weeks here this summer, and it is always hard to leave this idyll for the rainy grayness of Michigan.

Friends ask me what I do during an 11-week summer vacation. Well, having been slowly but steadily increasing the length of my stays here over the last decade, I have become well practiced in the art of a long vacation.

I've never known such full days. There are so many things I desire to do each day; the day is too short. When I get back to Ann Arbor, finally I will be able to get some rest.

***

You have to like leisure time. Not everyone wants it. Not everyone can tolerate it. Most people's jobs don't allow for it. And you also have to like your partner, and your children. With that in place, the rest follows.

For me, first and foremost is the ocean. One summer, after a lot of bad weather and grousing, there was a beautiful ocean day, and I came out of the scintillatingly refreshing water and my wife said to me, "It's the ocean, stupid." As in Bill Clinton's "It's the economy, stupid." And so it is.

The ocean clears my head of every mood. It heals everything. It wakes up every cell in my body. It is immediately invigorating. Fresh and intoxicating and salty.

There are as many kinds of ocean days as there are Alaskan words for snow. For me, my favorite kind of ocean day is seriously rough, but not perilously rough. On those kinds of days, it's often me and the 17-year-olds in the water, which fills me with a certain kind of macho pride, since there is no other sport in my life that I excel at. I notice, increasingly, that my friends are dropping out of the game, rarely even venturing into the ocean, and when they do, it's for relatively short dips. I think the ocean is a taste one has to keep re-acquiring. It requires a kind of letting go and immersion, and it takes time, each summer, for me to get re-acquainted with the rhythms and pacing of a rough ocean.

I also love oceans with lots of medium-high waves of foam, so I can throw myself onto my back and be carried into the shore on the delicious foam. Nothing is more fun, as far as I'm concerned, than being thrown around safely by happily crashing waves. I like feeling drunken by the waves, and staggering out, collapsing at the shore.

There is the effect, too, of light at the beach. It may not be good for my eyes, but I love the whiteness of sand on a hot day. And the colors of the beach — people and umbrellas and towels against the white sand, blue sky and blue-green ocean. And standing on the shore when it's hazy is sublime.

My wife and I spend a fair of time critiquing the beach concession stand, which is an indication of the relative gravitas of our concerns during our summers.

I also spend a great deal of time in the pool with my young daughters. I don my Solumbra sun protection clothing from head to foot and enter the pool looking like a Hazmat worker. Luckily, my girls recognize me. I can spend a few hours lolling around in my pool, diving through water rings at the bottom, blowing air out and sinking, and doing random somersaults. I'm at my best in the water with nine-year-olds, as I seem to like silly water games.

This summer, I taught my three-year-old to swim, and she has taken to it like you might expect, like the child of a man who loves water. She is already swimming underwater, retrieving items at the bottom, crossing from one side to the other by herself, enjoying the splashing and weightlessness.

My other daughter, now eight, has special needs, and she wears a special flotation device that keeps her head out of the water while giving her maximum independence of movement with her arms and legs in the water. I've "invented" all sorts of ridiculous programs related to her swimming adventures, including the "three towel program" and "the official dry off program". The details of these silly summer riffs would surely bore you.

I got to spend a lot of satisfying time with my little girls. I liked taking my older girl to her two therapeutic horseback riding programs. She loves being on those horses, it lifts her self-esteem, and she enjoys touching their manes. And I liked taking my three-year-old by bicycle to her summer camp, just a few blocks from our home. It was such an ordinary, old-fashioned day camp, with a small aboveground plastic pool, and regular field trips, and fun stuff to do. She would sprint into my arms when I would arrive at the gate of the outdoor playground.

We take the girls to the traveling carnivals, which appear each summer in the Hamptons. And to the summer circus, and the beach concerts, and to the Annual Sagaponack Beach Kite-In.

The best part of the summer, aside from the ocean, is family and friends who come to visit, and come to stay. Being with friends and their kids, in the sunshine, in the pool, playing in the sand, lightens my world. To be at play with my nieces and nephews, and the children of my friends, in the ocean and in the pool – that's what they'll remember about me, when they're older, and I'm old. I'm sure about that.

> Perhaps summer was so luscious, so easy and so delicious this year because it just was. It was the opposite of the perfect storm… It was the perfect calm, at the center of my life, like a pendulum coming to rest.

To eat a hot dog, or a tuna sandwich and french-fries, at the beach, after a great ocean swim, with good friends — what a way to spend a summer afternoon. There is nowhere I'd rather be, in mid-July.

For me, my summers have meant letting go of my serious side, and finding some ease in life. But why was this past summer the best? What made it an exceptional one for me? Perhaps seeing so many loved relatives leave this earth, I am finally free of their pains and sorrows. Perhaps having one healthy daughter, and one daughter who is declining, makes my family life particularly sweet and poignant. And owning a home on water, with beautiful light and beautiful views, doesn't hurt.

Maybe, too, I'm at an age where I can still see my youth, and also I can touch it more vividly now that I have a healthy child. And yet I can begin to see the end, as well. I have seen many deaths, up close. And on the horizon, I can see the continuing deterioration of my cherished daughter. My 60's and 70's no longer seem like unimaginably distant concepts. I have two good friends who turn 60 this year, and I know that the fall will turn to winter, and soon I will be 53. And then 54. And beyond.

Perhaps summer was so luscious, so easy and so delicious this year because it just was. It was the opposite of the perfect storm. It was, instead, a confluence of positive forces. It was the perfect calm, at the center of my life, like a pendulum coming to rest.

There was one moment, on one summer evening. It was at the weekly concert in the park on Lake Agawam, a scenic lake graced by beautiful homes and vistas. Families bring their blankets and picnic baskets and listen to free and live music, and toddlers dance and run free. On that particular evening, my beautiful and delicate handicapped daughter was standing in the grass and looking at me, as I sat on the blanket. She was at eye level, that's how small she is. The evening sun cast the most beautiful light on her porcelain features and gorgeous dark eyelashes. She was frozen in place, no longer able to walk very well, and yet standing with pleasure and excitement, always happy to be dressed in her summer finest at these resort community bacchanals. And I looked at her, and I smiled at her. She studied me, and then grinned back at me, with a twinkle in her eye. I inhaled her beauty and her vulnerability and her tragic life path. And I thought to myself, this is the best moment of my life.

How did I know that? I don't know. But it was.

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The Crazy Wisdom Salon

Please join us for the fourth year of the Crazy Wisdom Salon. This fall, we are creating an intimate opportunity for healers from the Ann Arbor community to share with us their unique life experiences and journeys.

Each monthly Salon will feature a professional in the Ann Arbor community who integrates different modalities of healing in a distinctive way which reflects his own and her own interests, beliefs, values, and talents.

LIFE JOURNEYS AND STORIES OF HEALING

AT THE CRAZY WISDOM SALON FALL 2006

Thursday, September 28
Barbara Boyk Rust, Ph.D.,
Psychologist, Educator, Ritual Maker

Thursday, October 26
Brenda Morgan, Ph.D.,
Spiritual Teacher and Catalyst

Thursday, November 30
Jay Sandweiss, D.O.
Osteopath and Medical Acupuncturist

We invite the Ann Arbor community to join us in the Tea Room for these lively offerings and group discussions as we listen, question and explore with our guest speakers their approaches to healing.

Facilitated by Lucinda Kurtz,
Healing Science Practitioner
For more information, call Lucinda at 665-9160

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734-665-2757 · crazywisdom.net

PUBLIC TALK

ON THE IDEAS OF G. I. GURDJIEFF

Presentation followed by questions and refreshments

Sunday October 1st at 2:00 pm
Upstairs at Crazy Wisdom Bookstore & Tea Room

Interested persons are invited to call
(216) 341-5499 or
Email: info@gurdjieffohio.org
Website: www.gurdjieffohio.com

The Gurdjieff Work

The Gurdjieff teaching, known more familiarly to its students as "the Work", offers the serious seeker a way to explore the meaning of life, and to search for a more unified world view.

Gurdjieff emphasized the necessity to gain and strengthen attention in order to bring about a new relationship between mind, body and feeling. The principles and practices of his teaching are verified through the study of exercises and dances known as the Movements, work with traditional crafts, and the study of ideas.

Activities such as cooking, gardening, construction and maintenance are used as a means of applying these ideas in everyday life. Members meet regularly in groups to exchange about their observations and study. They also come together periodically in conferences with participants from other cities and countries.

The Gurdjieff Foundation of Ohio

The Gurdjieff Foundation of Ohio is a not-for-profit corporation founded to foster the harmonious development of human beings based on the teachings of G.I. Gurdjieff.

The Gurdjieff Foundation of Ohio was founded in 1963 with the help of the Gurdjieff Foundation, New York. Located in Cleveland, the Gurdjieff Foundation of Ohio draws members from Ohio and Michigan.

The Gurdjieff Foundation of Ohio has maintained close relationships with The Gurdjieff Foundation, New York, which is one of the four original foundations. The Gurdjieff Foundation of Ohio is also allied with other major centers for the Gurdjieff teaching throughout the United States, Canada, South America, Europe, Israel, South Africa and Australia.

The Foundation provides opportunities for its members to nurture their deepest search for awakening in the midst of the activities of daily life. Membership is open to serious seekers without regard to race, sex or creed.